

THE
COOK'S FRIEND
COOK BOOK



PUBLISHED BY THE MANUFACTURER OF

COOK'S FRIEND BAKING POWDER

W. D. McLAREN, Limited

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**Does not handle any
food products ex-
cept the best goods
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Remember that fact**



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INTRODUCTION

BAKING POWDER.

Is a convenience which the science of the nineteenth century has placed at the disposal of the cook. In the following pages will be found recipes for the preparation of various forms of food, into the composition of many of which baking powder enters as an important ingredient.

Bakers of loaf bread use yeast for the purpose of raising, or making their bread spongy. Yeast requires time (several hours) to get the dough ready for the oven; during that time it is liable to many mishaps; an amateur is never sure what the result will be till the baking is done.

With good baking powder the case is different, it acts promptly, the result is certain, a batch of rolls or tea cakes can be ready for the table in twenty minutes after wetting the flour.

The property of prompt action renders baking powder an invaluable adjunct wherever food has to be prepared with dispatch, as in camping, supplies for travellers, tourists, explorers, etc,

In the home, baking powder is now in almost universal use for preparing tea biscuits, cakes and pastry of all kinds, for which purposes it is admirably adapted; it is also an economizer, a small quantity in pie-crust or boiled paste enables the cook to dispense with a large proportion of usual shortening, producing at the same time more healthful food.

Full success in the use of baking powder is easily attained by giving attention to a few points which are fundamental:—

Firstly:—The flour, baking powder and salt should be intimately mixed together DRY; this is most thoroughly done by sifting, (should be sifted twice if possible).

Secondly:—If shortening is to be used for bread or biscuits it should be well rubbed into the flour so prepared; and for cakes the shortening should be rubbed into the sugar.

Thirdly:—For bread or biscuits COLD water or COLD SWEET milk should be used in making the dough, which should be made as soft as can be handled.

Fourthly:—The oven should be well heated in advance and the heat kept up during the baking. A slow oven will spoil the goods.

A question sometimes asked: Is baking powder healthful? may be answered with all confidence in the affirmative, if asked respecting good Cream of Tartar

Baking Powder, such as is the Cook's Friend. The most delicate constitution cannot be injured by it and it may prove highly beneficial as a corrective and remedial agent. But baking powders containing alum should be carefully avoided.

Alum baking powder will reveal itself by the cakes, etc., made with it becoming hard, dry and stale much sooner than if made with Cream of Tartar powder.

The proportion of active to so-called inert ingredients in Cook's Friend Baking Powder has been carefully determined with reference to the function which each fulfils. The inert component is used to segregate the active ones, thus exercising a preservative influence it also renders easier and more certain the important condition of having flour and baking powder thoroughly commingled when about to be used.

Comparing the work it is capable of doing and the cost per pound of Cook's Friend, with the same particulars of any other first class powder, will show the Cook's Friend to be ahead of them all in real value to the consumer.

In the hope that this little book will be of service to all who use baking powder, it is placed at the service of a discriminating public.

THE FOLLOWING TABLE OF WEIGHTS AND MEASURES
CORRESPONDS TO QUANTITIES USED IN
RECIPES OF THIS BOOK.

Four teaspoonfuls of liquid equals one tablespoonful.
Four tablespoonfuls equals one half gill.
Four tablespoonfuls equals one wine glass full.
One tablespoonful equals one half ounce.
One pint of liquid equals one pound.
Two gills of liquid equals one half pint.
One kitchen cupful equals one half pint.
One quart of sifted flour equals one pound.
Four cups full of flour equals one pound.
One tablespoonful of flour equals one half ounce.
Three cups full of cornmeal equals one pound.
One and one half pints of cornmeal equals one pound.
One cup full of butter equals one half pound.
One pint of butter equals one pound.
One tablespoonful of butter equals one ounce.
One pint of chopped suet equals one pound.
Two cups of granulated sugar equals one pound.
One pint of granulated sugar equals one pound.
One pint of brown sugar equals thirteen ounces.
Two and one half cups full of powdered sugar equals one
pound.

SOUPS

SOUPS.—Soup is economical food, and by a little attention may be made good with every small materials. Tainted meat should never be used. The soup should never be suffered to stand in a closed vessel nor in a tin, copper or iron vessel to get cold. Put the meat into a pot, and cover it with water. Let it come to the boil, skim thoroughly, and with the pot tightly covered allow to simmer until very well done. Turn it into an open bowl and the next day when the soup is cold remove the fat which will have hardened on the surface. After this add vegetables and herbs for seasoning, and cook all together until the vegetables are quite soft. Strain off the meat and vegetables before serving.

ASPARAGUS SOUP.—Boil one and a half pints of asparagus, cut in inch lengths, in one quart of water, until tender; rub through a colander and return to the water in which it was boiled. Heat one pint of milk, stir it into one tablespoonful butter rubbed with one of flour, and cook a few moments; season with a little salt and pepper, and pour into the dish with the asparagus. Let all come to a boil, pour into tureen in which you have previously placed small bits of toasted bread cut into dice and serve at once. This will serve for about four or five people.

BROWN STOCK.—Take one pound of lean beef, shin, leg, ox-cheek, or from the clod; cut in slices and place at the bottom of a greased saucepan, adding a little water to prevent its burning. Add a piece of lean bacon cut in slices; a greater or less quantity is immaterial—from one-quarter to nearly the same amount of beef. Cover close to draw out the gravy gently, and then allow it to nearly dry until it becomes brown; then pour in sufficient boiling water to entirely cover the meat, skimming it frequently and putting in salt, whole peppers, pot-herbs, and vegetables of any kind. After boiling gently for five or six hours, pour the broth from the meat, and let it stand during the night to cool. In the morning take off the scum and fat, heat it, and put it away in a stone jar for future use. This will form a foundation for all the best brown soups.

BEAN POT SOUP.—Two pounds of beef, lower part of round, put in the bean pot, one small onion, two small potatoes, sliced; salt and pepper to taste; when nearly done add one tablespoonful of flour dissolved in cold water. Cook slowly for five hours, keeping the pot well filled with water as it boils out.

BEAN SOUP.—One quart of dried beans; not quite half a pound of fat salt pork; put on stove early in the morning in cold water; bring to a boil and drain off the water; repeat this twice, then boil steadily for five hours; season with pepper and salt. Just before serving pass through a colander, rubbing all the thick part through with a wooden spoon. The beans should be soaked over night, and water should be added while boiling.

BARLEY SOUP.—Remove as much of the fat as possible from two pounds of a forequarter of mutton. Cut the meat into small pieces, add to it one quart of cold water and two tablespoonfuls of barley; let it slowly come to the boiling point, then allow it to simmer about two hours, keeping it closely covered. Break the bones, and boil one hour in water enough to cover them; add this to the meat and barley, after straining. Skim off all the fat and season with salt and a little pepper.

CELERY CREAM SOUP.—Boil one cup of rice in two pints of sweet milk and one pint of cream. Rub it through a sieve. Grate the blanched parts of three heads of celery and add it to rice and milk. Add one quart of white stock and boil it until celery is quite tender. Season with red pepper and salt. Serve hot.

CHICKEN OR TURKEY SOUP.—Take the bones and body of the fowl after the meat has nearly all been taken off, and put it with 3 pints of water to boil; let it cook slowly for 2 hours; by this time all the meat should leave the bones; if the water has boiled away, add more; remove the bones; there should be considerable meat in the broth; to this add eight good-sized potatoes and four or five onions, two carrots, two small turnips and salt and pepper to taste; twenty minutes before serving add dumplings; try this for supper some cold night.

CORN SOUP.—Cut the kernels from about half a dozen ears of corn. Place the cobs in about one pint of cold water; let them boil 30 minutes; strain; put back into the kettle, adding one quart of milk or cream; let it come to a boil; then add the corn, a piece of butter about the size of an egg; season with pepper and salt, and if desired thicken with a tablespoonful of flour. Let all come to a boil and serve. This recipe will serve for eight people. It may be made with a can of corn if desired.

EEL SOUP.—Put three pounds of small eels in two quarts of water, with a crust of bread, some mace, whole pepper, sweet herbs and an onion; cover them close and stew till the fish is quite broken; then strain it off and serve with some toasted bread but in slices. It may be thickened with a quarter of a pint of rich cream and a teaspoonful of flour mixed in it, which is a great improvement.

MARROW DUMPLINGS FOR SOUPS.—Grate the crust of a breakfast roll, and break the remainder into crumbs; soak these in cold milk; drain, and add two ounces of flour chop up half a pound of beef-marrow, freed from skin and sinews; beat up the yolks of five eggs; mix all together thoroughly; if too moist add some of the grated crumbs; salt and pepper to taste; form into small round dumplings; boil them in the soup for half an hour before serving.

OYSTER SOUP.—Take about one quart of milk, half a pint each of oyster liquor and water, place them in a kettle, let it come to a boil; then add a quart of oysters; let all come to a boil; then add a piece of butter about the size of an egg; a little salt and pepper, and, if you desire, thicken with cracker crumbs or flour. This recipe will serve eight people.

TOMATO SOUP.—One quart of tomatoes cut up, two tablespoonfuls of flour, one of butter, one half teaspoon of salt, one teaspoon of sugar, one pint of hot water (or one quart of soup stock), a little red pepper. Let the tomatoes and stock (or water) come to a boil; rub flour and butter together and stir the boiling mixture into it. Strain through a sieve fine enough to retain the seeds. Small dices of buttered toast served with the soup is a pleasant form of serving.

VEAL STOCK.—Chop up three slices of bacon and two pounds of the neck of veal; place in a stew pan with a pint of water or beef stock and simmer for half an hour; then add two quarts of stock, one onion, a carrot, a bouquet of herbs, four stalks of celery, half a teaspoonful of salt; boil gently for two hours; remove the scum in the meantime. Strain into an earthen crock, and when cool skim off the fat. This will furnish good stock for chicken, barley, or other light soups.

FISH

FISH.—In purchasing fish, see first that they are freshly caught; if it is in summer time you can determine this by pressing them on the back, and if they are hard, they have been recently caught; cod are best in cold weather; mackerel in August, September and October; haliubt, in May and June; oysters, from September to May; lobsters, May, June July and August. Pond fish, if soaked in salt and water, will be freed from the strong earthy taste, which they have at times; a boiled fish is done when the eyes turn white; when you broil fish, rub the gridiron with lard or dripping, this will prevent sticking; lay skin side down first; turn with a very broad griddle knife; fish that has to be fried should be cut up and laid in cloth for an hour if possible, that the moisture may be absorbed; it should then be rolled with fine bread crumbs or Indian meal; fish that is apt to break in frying may be kept whole by being dipped in a beaten egg before being rolled in the crumbs; oysters should be skimmed out of the liquor before being cooked, in order that the liquor may be strained, as there are often bits of shell in it.

BOILED COD.—Rub a little salt down the bone and over the thick part; wrap it in a cloth and put it over the fire in cold water; putting it into hot water at first will cause the outside to break before the centre is done; see that it is covered with water and throw in a tablespoonful of salt. Take of the froth carefully and boil it half an hour.

BROOK TROUT.—If there is the ground taste which is sometimes found in some trout (according to location

caught) allow them to soak in salt and water for ten or fifteen minutes. Then take them out, dry between clothes, place in a frying pan, in which you have previously fried out scraps of salt pork; serve with drawn butter, garnished with parsley.

BOILED BASS.—Clean and wash the fish, but do not split it or remove the head and tail; sew up in a piece of coarse cotton or muslin. Have in the fish kettle plenty of boiling water, in which have been mixed a few tablespoonfuls of vinegar, a dozen peppercorns, two or three blades of mace and a tablespoonful of salt. Cook ten minutes for each pound and ten minutes over. Undo the cloth, lay the fish on a hot dish, and pour over it a cup of drawn butter, seasoned with a tablespoonful of capers and the yolks of two hard-boiled eggs chopped fine.

FRIED COD.—After the cod has been properly cleaned, cut into slices and lay them in a cloth, in order to dry them. Fry four or five slices of salt pork, or use instead lard or nice beef dripping; but pork is preferable. When the slices are fried crisp, take them out, dip the pieces of fish in the Indian meal and lay them in the spider. Fry both sides brown. Turn fish often in frying, as you will find it much more evenly cooked by so doing. When the fish is done, lay it with the pork in a hot dish. Pour a little water into the spider, boil it up, dredge in brown flour, and pour the whole into the dish.

TO MAKE A CHOWDER.—Fry three slices of salt pork crisp, in a deep kettle. Take them out and lay in slices of potatoes; flour and pepper them; then lay in slices of cod or haddock, which must also be floured and peppered. Put in alternate layers of potatoes and fish, with flour, salt and pepper, until it is all laid in. Pour over it enough boiling water to cover it. When it boils up, dredge in more flour. Dip a few crackers in cold water and lay over the top; cover the kettle close. Boil it three-quarters of an hour. Use ship bread, if it is preferred; some people add a cup of milk just before it is served, also part of a fresh lemon.

FRIED FLOUNDERS.—After cleaning the fish thoroughly, dry them in a cloth, sprinkle with salt, and dredge them well with flour; have in your frying pan a good quantity of

hot fat, fried brown; turn them carefully so as not to break the fish. Serve with Lyonnaise potatoes.

FISH BALLS.—Take about a pound of salt fish (dried); pick out all the bones and bits of skin; chop it fine and allow to soak in cold water for ten minutes; pour this water off; then add fresh water; let it come to a boil; then pour off the water. Take about a dozen boiled potatoes; mash them. Mix fish and potato together, add the white and yolk of one egg. Melt a small piece of butter in a little milk, and stir this into the mixture; form into small cakes, dredge with flour, place in a kettle of very hot fat, then fry until brown.

TO BOIL HALIBUT.—If you wish to boil it, purchase a thick slice cut through the body or the tail piece, which is considered the richest. Wrap it in a floured cloth and lay it in boiling water with salt in it. Allow one quarter of an hour for each pound of fish. It is eaten with drawn butter and parsley. If any of it is left, lay it in a deep dish and sprinkle on it a little salt; throw over it a dozen or two of cloves, pour in some vinegar and add butter, milk, vinegar or ketchup. It will, when cold, have much the flavor of lobster.

FRIED WHITE FISH.—Hash and drain well; dredge thickly with flour and season with salt and pepper. Have a skiliet containing sufficient boiling hot lard; cover and fry slowly. Brown nicely on both sides. Garnish the dish with water cress.

FRIED EELS.—Clean and skin the eels. If large, cut them into pieces; if small, skewer them around and fry them whole. First, dust them over with flour, then rub with the yolk of an egg, and sprinkle with bread crumbs. Put them in boiling lard, and fry until nicely browned.

BOILED SALMON.—Clean a salmon in salt and water. Allow twenty minutes for boiling every pound. Wrap it in a floured cloth and lay it in the kettle while the water is cold. Make the water very salty, and add a tablespoonful of vinegar; skim it well. In this respect it requires more care than any other fish. Serve it with drawn butter and parsley.

BROILED SALMON.—Cut it in slices an inch and a half thick, dry it in a clean cloth, salt it, and lay it upon a hot gridiron, having previously rubbed the gridiron with lard or dripping. Salmon can also be cooked well in a stove oven, laid in a dripping pan. ,

TO FRY OYSTERS.—Lay them in a cloth a few minutes to dry them, then dip each one in the sifted cracker crumbs and fry in just enough fat to brown them. Put pepper and salt on them before you turn them over.

OYSTER CROQUETTES.—Take the ends of oysters and scald them; then chop fine and add equal weight of mashed potatoes, with butter, salt, pepper and cream. Make in small rolls, dip in beaten eggs, then in cracker crumbs, and fry in sweet lard until a golden brown.

OYSTER COCKTAIL.—Six small oysters with all their liquor, two tablespoonfuls of tomato sauce, one tablespoon of lemon juice, one teaspoon of horse radish, one teaspoonful of Worcestershire sauce, two drops of Tabasco sauce; mix well together; let it come to a boil.

OYSTER RAREBIT.—One half pint of oysters, clean and remove hard muscle, parboil them in a chafing dish until their edges close; remove to a hot bowl. Break half a pound of cheese into small bits, melt in dish with one tablespoonful of butter, one-fourth teaspoonful of salt, one-fourth teaspoonful of mustard, and a pinch of cayenne pepper. Beat two eggs slightly, add to oyster liquor, mix gradually with melted cheese, add the oysters and turn over hot toast (bread or crackers).

LITTLE PIGS IN BLANKETS.—Take the required amount of large oysters; season with pepper and salt. Wrap each in a very thin slice of bacon and fasten with a wooden toothpick. Have the chaffing dish very hot, and cook the pigs just long enough to crisp the bacon, taking care not to let it burn. Serve hot on small pieces of toast. Garnish with parsley.

SCALLOPED OYSTERS.—Butter a deep dish and cover the bottom and sides with fine bread crumbs. Then lay in

a layer of oysters with small bits of butter sprinkled amongst them. Then lay in another layer of bread crumbs or cracker crumbs, and repeat with oysters the same as before. Continue this until your dish is filled, having the last covering that of crumbs; it is also well to add a little water or milk, sprinkled over the top, and small pieces of butter. With each layer season with a little pepper and salt. Place in the oven and cook for about three quarters of an hour. Small squares of toast dipped in drawn butter make a nice garnish for this dish.

LOBSTER.—Take about a pound and a half of cold boiled lobster, the juice of two lemons; then add half a teaspoon of cayenne pepper and one teaspoon of salt. Melt three tablespoons of fresh butter in the chafing dish; then add the lobster; let this simmer for ten minutes, stirring constantly.

LOBSTER A LA NEWBURG.—Take the tail part of a large lobster, cut it into small dice, put in one tablespoonful of butter, season well with pepper and salt. Pour over it one gill of sherry and cook it ten minutes. Add the beaten yolks of three eggs and one half pint of cream or milk. Let all come to a boil and serve hot.

LOBSTER CHOWDER.—Take about three pounds of the meat of lobster cut into bits, one quart of milk, six Boston crackers split and buttered, one even teaspoon of salt, one scant quarter teaspoonful of cayenne pepper, two tablespoonfuls of butter rolled in one of prepared flour. A pinch of soda in the milk. Scald the milk, and stir in seasoning, butter, and flour. Cook one minute, add the lobsters, and simmer for five or six minutes. Toast and butter the crackers, dip each part quickly in boiling water, place them in the tureen, pour in the chowder. Serve with small bits of sliced lemon.

LOBSTER CURRY.—Chop the lobsters coarsely, warm in a chafing dish, and serve with a sauce composed of equal parts of vinegar, water, melted butter and curry. Garnish with lemon and parsley.

CRABS A LA CREOLE.—One ounce of table butter, one small onion and one sweet Spanish pepper, both minced; cook five minutes and stir well. Add one half pint of strained tomato pulp, a gill of chicken broth and four soft shelled

crabs, each one cut in two. Season it with salt and celery; stir well; simmer seven minutes.

STEWED SOFT CLAMS.—From one half dozen Gilford soft clams remove the shells and rough parts. Put in a teaspoonful of butter; when quite hot add one half pint of boiling milk, a teaspoonful of cracker dust, salt, and use a very little cayenne pepper; simmer for three minutes.

SHRIMPS.—Put into the chafing dish two tablespoonfuls of butter, half an onion, grated or minced very fine. When hot, stir in half a cup of cold rice, carefully boiled; add one gill of cream, half a pint of canned or fresh shrimps; add one tablespoonful tomato sauce. Stir well until it comes to the boiling point; then let it simmer for about five minutes.

CREAMED SHAD ROE.—One pair shad roes, parboiled, blanched, skimmed and crumbled; three hard boiled eggs, the whites chopped coarsely, the yolks grated into a separate dish; one tablespoon of butter, one tablespoon of flour, half a pint of milk, one gill of cream, one even teaspoonful of salt, juice of one lemon, few dashes of cayenne pepper. Cook the butter and flour together until they bubble. Add the milk, and when the sauce is thick and smooth put in the roes. Cook three minutes, stirring constantly; then add salt and pepper, and cook three minutes longer, or until the contents of the blazer begins to bubble. Sprinkle the grated yolks over the top of the roes and serve at once.

ROE CROQUETTES.—Parboil the roe, cool and rub into a loose, granulated mass; to this add one-fourth as much mashed potatoes. Thoroughly mix together the roes, potatoes, drawn butter, chopped parsley, salt and pepper. Put into the dish and stir until hot. When cool enough to handle easily, make into small rolls, dip into the beaten egg, then into the cracker, and fry in dripping a nice brown. Drain, and serve on a hot dish.

MEATS AND FOWL

It is always advisable in cooking meats to have the oven quite hot before putting the meat into it; as in this way the juice of the meat is kept in, drying is prevented, and the meat is made more palatable. Keep the oven at a moderate heat while meat is being roasted.

ROAST BEEF.—Scrape clean, never wash beef for roasting, and allowing fifteen minutes to each pound, cook in an open roast pan. Baste frequently, but do not season meat until it is cooked.

ROAST PORK.—Score the fat with a sharp knife, and cook in the same way as roast beef. Serve with apple sauce.

BEEF A LA MODE.—Take a thick piece of flank, or, if most convenient, thickest part of the round, weighing six or eight pounds for a small family of four or five persons. Cut off the strips of coarse fat upon the edge, make incisions in all parts, and fill them with a stuffing made of bread, salt pork chopped, peppered, and sweet marjoram. Push whole cloves here and there into the meat; roll it up; fasten it with skewers, and wind a strong twine or tape about it. Have ready a pot in which you have fried to a crisp three or four slices of salt pork; take out the pork; lay in the beef, and brown every side. When well browned, add hardly water enough to cover it, chop a large onion fine, add eighteen or twenty cloves and boil it gently, but steadily, three or four hours, according to the size. The water should boil away so as to make a rich gravy, but be careful it does not burp. When you take up the beef, add brown flour to the gravy, if it needs to be thickened.

STEWED BRISKET OF BEEF.—Put three or four pounds of brisket into a kettle and cover it with water. Take off the scum as it rises. Let it boil steadily for two hours. Then take it from the pot and brown it with butter in a spider. When it is browned on every side, return it to the kettle, and stew it gently five hours more. Add more water if it boils away. Put in a carrot and a turnip or two cut small, an onion also a few cloves, and salt and pepper as you think necessary. Half

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an hour before dinner add tomato or mushroom ketchup. To serve it, lay the beef upon a dish, and strew capers over it. The water in which it was stewed will make nice soup.

FILLLET OF BEEF.—After you have trimmed and larded the beef, put it into a small baking pan, in the bottom of which are some chopped pieces of pork and beef suet; sprinkle some salt and pepper over it and a half pint of hot stock. Baste often and cook a full half hour in a hot oven. Serve with mushroom sauce.

MUSHROOM SAUCE.—Take a ladle full of stock; add to it part of the juice from a pint of mushrooms; take a teaspoonful of flour and butter mixed to thicken the above; season with salt and pepper to taste, and a few drops of lemon juice will be found to improve it; add the mushrooms, simmer a few minutes, and pour over the beef.

Fowl must be thoroughly cleaned and washed, and then dried inside and out.

CHICKEN PANADA.—Take a quart of water, place in it a young chicken, well cleaned, and boil one half hour. Remove the skin, cut off the white meat, and, when cold, put it into a dish with a spoonful or two of the water in which it was boiled, and pound it to a paste. Season it with salt and a very little nutmeg; add about half a gill of water and boil it up three or four minutes. It should be of a thick consistency. The bones which remain may be returned to the water in which the chicken was boiled, and with the addition of rice, a good broth be made of it.

TO BROIL CHICKENS.—Cut them open through the back, take out the inwards, wash and wipe them dry; place the inside down on a gridiron, and broil slowly, taking care that they do not burn. Turn frequently, broil twenty minutes, and dress with butter, pepper and salt.

BOILED CHICKEN.—Stuff the chicken with a filling of bread, butter, salt, pepper and minced parsley. Skewer it up in good shape, as when you prepare to roast. Boil it an hour and a quarter. Serve with drawn butter and cut parsley.

FRICASSEE CHICKENS.—Boil them at least forty minutes in barely enough water to cover them. Take off the scum as fast as it rises. Take them up and carve them in the usual way. Put part of the water in which they were boiled into a

spider or stew pan. For two chickens rub a piece of butter as large as an egg, and a spoonful of flour together, and stir into the water as it boils up. Add some salt and a gill of cream or milk. Lay in the chicken, cover the pan close, and stew them gently eight or ten minutes. Parsley cut fine is a decided improvement.

JELLIED CHICKEN.—Take one chicken and put in enough water to cover; boil it until tender. Remove when done, and let water boil down to one quart. Cut the meat into small pieces. To the water add three-quarters of a box of gelatine soaked, one tablespoonful of Worcestershire sauce, and salt and pepper to taste. Slice one hard-boiled egg, add this to the chicken, then pour over it the strained liquor. Mix all well, and put into a mould. Set in a cool place and allow it to harden.

TO ROAST DUCKS.—First put them over the fire and singe them well. Flour them well, at the same time rubbing in salt. Place in the stove in a deep pan and roast for an hour and a half. If placed before a fire, an hour is long enough. In roasting ducks, geese or turkey the following dressing or stuffing will be found excellent.

CHESTNUT DRESSING.—An excellent dressing for ducks, turkeys or geese can be made of chestnuts mixed as follows; Take for an average sized turkey, say eight pounds, about a loaf of stale bread, baker's preferred. Break into small pieces and pour over this about a pint of milk and water mixed, or enough to make a moderately soft mixture. Remove the shells from a half pint of chestnuts, chop the chestnuts fine, pour over the mixture, then add a piece of butter the size of a hen's egg, two or three tablespoonfuls of ground sage, pepper and salt. Mix all well together. This will be found a very excellent recipe.

TO BOIL DUCK.—After thoroughly cleaning the duck, scald and lay it before a warm fire for about five minutes, then lay it in a dish, pour boiling water over it, and let it lie there for two or three hours. Then take it out, dredge with flour, and put into a saucepan of cold water; cover close and boil twenty to twenty-five minutes. Take it out and set it, covered, where it will keep warm, and make the following sauce: One large onion and a bunch of parsley chopped fine, cover with a gill of good stock. Add a tablespoonful of lemon juice, a little salt, pepper, and a small piece of butter. Stew these

ingredients half an hour; then lay the ducks into a dish, and pour the sauce over them.

TO ROAST A GOOSE.—Boil it half an hour to take out the strong, oily taste; then stuff and roast it exactly like a turkey. If it is a young one, after being boiled, an hour's roasting will be sufficient.

TO ROAST A TURKEY OR CHICKEN.—After having thoroughly cleaned and washed the bird, take a dry cloth and wipe out the inside; stuff with the chestnut dressing previously given, place in a dripping pan with about a pint of water, rub butter and salt well into the bird on the outside, place a strip of bacon across the breast, passing a string around the bird to hold it in place. Dredge with flour. While roasting, frequently baste with water and dredge with flour.

ROAST MUTTON.—Any part of a mutton can be roasted, but the leg is preferable, especially the hind leg. Rub well with salt and flour, place in the dripping pan with a little water and thoroughly roast. Allow about fifteen minutes to a pound. At all times after keep the oven to a moderate heat.

TO BOIL LEG OF MUTTON OR LAMB.—Cut off the shank bone. Have water enough to cover the meat. If the pot is well skimmed, the water will make excellent broth for another day. A leg of lamb requires a little more time in proportion to the size than a leg of mutton, as a great many prefer mutton done rare, while lamb is neither good or healthful when underdone. A sauce can be made with capers, drawn butter and cut parsley.

VEAL AND RICE.—Put the scrag end of a neck of veal into a pot half of boiling water, with half a tablespoonful of salt, and half a pound of bacon or salt pork, half a pound of rice, and an onion stuck with five or six cloves; boil it gently for three hours and then serve it hot; place the meat in the middle of the platter and lay the rice around it. Garnish with water cress. This dish will cost about twenty-five cents.

ROAST FILLET OF VEAL.—Veal requires more time than any other meat excepting pork in cooking. You can scarcely have it done too much. Take a leg of veal weighing six or eight pounds, and it should be roasted at least three hours. If you have a large family, it is best to take out the bone, which

is easily done with a sharp knife; the knuckle having previously been cut off by the butcher. If your family is a small one, allow the bone to remain in the meat, as it will then be in good order to be used cold the next day. Prepare a stuffing of bread, pepper, salt pork, and sweet marjoram; make deep incisions in the meat and fill them with it. Fasten the fold of fat, which is usually upon the fillet over the stuffed incisions, with a skewer. Roast slowly at first. Put into the dripping pan some hot water with a little salt in it, or some of the stock. When the meat is roasted about an hour, flour it thickly, and place upon it three or four small slices of salt pork. After the flour has become brown, baste the veal every fifteen minutes. In cutting the incisions, endeavor to make them wider inside than at the surface, so that the stuffing may not fall out. Use a brown gravy.

VEGETABLES

Vegetables should be washed well in cold water, and cooked in freshly boiled water until tender. No longer young vegetables should be cooked in boiling salted water.

BAKED POTATOES.—Bake with the skins on for one hour in a moderately hot oven.

POTATO BALLS.—Mash boiled potatoes fine. Stir into them the yolk of an egg and make them into balls; then dip them into a beaten egg, roll them in cracker crumbs, and brown them in a quick oven, or fry them in a small quantity of nice dripping, and, in that case, flatten them so they can be easily turned, and brown both sides.

TO BOIL POTATOES.—The best potatoes are good boiled without paring, but even they are best pared, and poor potatoes are unfit to eat, boiled with the skins on. New potatoes are made watery by being laid in water, but late in the winter and spring potatoes should be pared and laid in cold water an hour or two before they are cooked. Put them into boiling water, with salt in it, and allow thirty or forty minutes for boiling, according to size. When they are done through pour off the water, and take the kettle to the door or window and shake them. Doing this in the open air makes

them mealy; return them to the fire a minute or two and then serve.

ASPARAGUS.—Take the bunches of asparagus, wash them thoroughly, and cut off the white ends; then tie up into bunches with twine. Place them in a kettle of boiling water with a little salt on them; boil from twenty-five minutes to thirty-five. Have ready two or three slices of toasted bread, dip them in the water and lay them in the dish. Sprinkle them with butter and lay the bunches of asparagus on the toast. Then cut the strings and remove them without breaking the stalk; lay thin shavings of butter over the asparagus and send it to the table.

ASPARAGUS AND EGGS.—Break four or five eggs into a dish and beat them, adding salt and pepper. Cut the cold asparagus about the size of peas, then add to the mixture. Place in a stew pan with a spoonful of butter, set it on the fire, and stir it all the time till it thickens. Toast some bread and pour the asparagus over it.

BAKED PORK AND BEANS.—For a family of five to seven, take a quart of white beans, wash in several waters, and put into two or three quarts of water over night, to soak. In the morning the bad ones can be removed, then place in a dish and boil until they begin to crack open; then place them in a brown earthen pan or bean pot, such as are made for the purpose. Pour upon them enough of the water they were boiled in, to almost cover them. Cut the rind of about a pound of salt pork into narrow strips; lay on the top of the beans and press down, so that it will lie more than half its thickness in the water. Bake four or five hours. Where a brick oven is used, it is well to put them in at night and allow them to remain until morning. If they are baked in the stove or range more water may be necessary, before they are done, as it is well to keep them moist while baking. Many persons think it a decided improvement to put in a large spoonful or two of molasses. Those who object to the use of pork can have a very good dish of beans by substituting two tablespoonfuls of nice beef drippings, and adding two teaspoonfuls of salt.

SHELLED BEANS.—Put them in cold, soft water, just enough to cover them. Boil them from an hour to an hour and a quarter. Some kinds are more easily boiled than others.

Do not put in salt until they are nearly done, as its tendency is to make them hard. Take them up with a skimmer and butter them.

STRINGED BEANS.—String beans should never be used after they have become old enough to have a tough fibre upon them. Cut off each end, cut them up small. Boil them in as little water as will keep them from burning. Just before you take them up, add salt and butter, and dredge in a little flour. They should have only as much liquor in them as you wish to take up in a dish, else the sweetness is wasted. String beans and peas are good boiled together.

BEETS.—Do not remove the fibre and ragged excrescences after they have been washed, as the juice of the root will thus be lost. Young beets boil in an hour; but in the winter they require from two to three hours. When tender, put them for a few moments to stew in cold water; take them in your hand and spit the skin off. This is a much easier and better way than to remove the skin with a knife. Lay them into a dish, cut them several times through, sprinkle them with salt and pepper, add a little butter, and, if you choose, vinegar also. It is a very good way to cut up all that remains after dinner, put on salt and vinegar, and set them aside to be used cold another day.

CAULIFLOWER.—Lay the cauliflower for an hour or two in cold salt and water; remove the outside leaves and boil them half an hour in milk and water. If they are strong, pour off the water when they are half done, and put fresh boiling water to them. Brocoli is cooked in the same manner, and should be laid on toast exactly like asparagus.

CABBAGE.—Take a head of cabbage and divide the stump end as far as the centre of the cabbage. It can be cooked with boiled salt meat; but if cooked by itself, salt should be added to the water. Cabbage should at all times be put into boiling water, and be well skimmed, and allowed to boil at least one hour and a half, and longer if the cabbage is a large one.

CORN OYSTERS.—Grate young, sweet corn into a dish, and to a pint add one well beaten egg, a small teacup of flour, half a gill of cream or milk, and a teaspoonful of salt.

Mix it well together. Fry it exactly like oysters, dropping it into the fat by spoonfuls about the size of an oyster.

BOILED CORN.—Have enough boiling salted water to cover as many ears of corn as are required. Drop in the ears of corn, allow to come to the boil, and boil for twenty minutes. Serve at once with butter.

BAKED CORN.—After having cut the grains from about a dozen ears of corn, scrape the cob. Add one cup of boiling milk and one half cup of butter, and season with salt and pepper to taste. Take your baking dish and butter it well, place in it the corn, dot it over with small bits of butter, and bake in a moderate oven for three-quarters of an hour.

CARROTS.—Carrots to be eaten with meat should be boiled for twenty minutes, if fresh from the garden; in the winter, an hour.

EGG PLANT.—Take a fresh plant and pull out the stem; parboil it and cut in slices about an inch thick. Dip them in a beaten egg, and then in a plate of bread or cracker crumbs with salt and pepper, and fry them in dripping until they are nicely browned.

TO STEW CELERY.—Thoroughly wash the stalks of celery and cut into lengths of three or four inches; stew them with a little broth until tender, then add two teaspoonfuls of cream and some floured butter, seasoned with salt and pepper, and simmer all together.

TO STEW CABBAGE A LA CAULIFLOWER.—Parboil in milk and water, and drain it, then shred it, put it into a stew pan with a small piece of butter, a small teacupful of cream or milk and seasoning and stew tender.

PEAS.—If peas are young and fresh they will boil half an hour or thirty-five minutes at the longest. They should be put into cold water with a little sugar. The same quantity of water should be used as for string beans, and for the same reason. When they are tender add salt and butter. It is an improvement to boil a single small slice of pork with them.

SWEET POTATOES.—Sweet potatoes are best baked; though they are very nice boiled till tender, and then pared

and laid in the oven to brown. They require more time for being cooked than the white potatoes.

MASHED TURNIPS.—Boil them in salt and water, at least an hour, unless they are of early growth. Take them from the kettle and place them in a deep dish; press them a little and pour off the water; mash them like potatoes, but use no milk; add salt and a little butter. The Dutch people are fond of taking an equal number of potatoes and turnips and mashing them until they are thoroughly mixed.

SALSIFY, OR OYSTER PLANT.—Wash and scrape it very thoroughly; put it into boiling water with salt in it. When tender, cut it in slices and fry it in hot, fat in a batter made of an egg, milk, flour and salt. It is very nice also dipped in bread crumbs, moistened with a beaten egg, and browned on a griddle.

SUMMER SQUASH.—If the rind is tender boil it whole, in a little bag kept for the purpose. It should be put into boiling water; three-quarters of an hour is long enough to cook it. Take the bag into a pan and press it with the edge of a plate or with a ladle until the water is out; then turn the squash into a dish, add salt and butter, and smooth over the top.

WINTER SQUASH.—Break it and take out the inside; pare the pieces and stew them in as little water as possible. If you have a tin with holes in it, which will fit the kettle and keep the squash from touching the water, it is the nicest way to steam it. Use care that it does not burn. It will cook in an hour. Mash it in a dish, or, if it is watery, squeeze it in a coarse cloth like summer squash. Stir in butter and salt. Lay it into the dish, smooth the top and pepper it.

TIME FOR COOKING SUMMER VEGETABLES.

	Minutes.
Dandelion greens	30
Spinach	20
String beans	45
Green peas	20
Beets	30
Turnips	30
Squash	30
Potatoes	25
Corn	20
Asparagus	20

ENTREES

MACARONI WITH CHEESE.—Take a quarter of a pound of macaroni and break it into pieces about an inch small, pour over it about three pints of boiling salt water; allow it to boil about twenty minutes. Turn it into a colander and pour over it cold water; drain. Make a sauce of one tablespoonful each of butter and flour and one and one half cup of hot milk, salt. Put a layer of grated cheese in the bottom of a baking dish; spread over it a layer of macaroni and one of sauce; then cheese, macaroni and sauce, covering the top with fine bread crumbs, and bits of butter dotted over and a little grated cheese. Place in the oven and bake until brown.

APPLE FRITTERS.—Take two eggs, beat the whites and yolks separately; two cups of flour, one heaping teaspoonful of Cook's Friend Baking Powder, sifted twice with the flour. Make a batter of this with one cup of sweet milk, one teaspoonful of sugar. Chop some good sour apples fine, mix in the batter and fry in hot lard. Serve with maple syrup.

SNOW FRITTERS.—Stir together milk, flour, and a little salt, to make rather a thick batter. Add new fallen snow in the proportion of a teacupful to a pint of milk. Have a kettle of fat ready, hot, at the time you stir in the snow, and drop the batter into it with a spoon. These pancakes are even preferred by some to those made with eggs.

CLAM SCALLOPS.—Chop about a pint of clams fine, drain off all the liquor that will come away. Mix this with half a cupful of milk, a cupful of crushed crackers, two beaten eggs, a tablespoonful of melted butter, half a teaspoonful of salt, a pinch of mace, and the same of cayenne pepper. Whip into this the chopped clams, and fill clam shells, with the mixture, or stone china shell shaped dishes. Bake to a light brown in a quick oven, and serve in the shells. On each of these place a thin slice of lemon.

CORN FRITTERS.—One half teacupful of milk, half a teacupful of flour, one teaspoonful of Cook's Friend Baking

Powder, one pint of grated corn, one tablespoonful of melted butter, two eggs, one teaspoonful of salt, a little pepper. Fry in hot lard.

FRENCH BEEFSTEAK.—Cut the steak two-thirds of an inch thick from a fillet of beef; dip into melted fresh butter, lay them on a heated gridiron, broil over hot coals. When nearly done, sprinkle pepper and salt. Have ready some parsley chopped fine, and mixed with softened butter. Beat them together to a cream, and pour into the middle of the dish. Dip each steak into drawn butter. Squeeze a few drops of lemon over it and serve very hot; garnish with water cress.

VEAL SWEETBREAD.—Take a finely trimmed sweetbread; parboil it for four or five minutes, and throw it into a basin of cold water. When the sweetbread is cold, dry it thoroughly in a cloth, run a skewer through it; egg it with a paste brush, powder it well with bread crumbs, roast it.

DENE CRABS.—Take the meat of a dozen hard shell crabs and boil it about twelve minutes, chop it, add three tablespoonfuls of cracker crumbs, two tablespoonfuls of cream, yolks of three hard boiled eggs, chopped; one tablespoonful of butter, season with salt and pepper to taste. Mix all together thoroughly, place back in the shells, sprinkle fine cracker crumbs, small bits of butter, and brown in a quick oven.

CHEESE STRAWS.—Four tablespoonfuls of flour, several times, mix with six tablespoonfuls of grated cheese, a little salt and cayenne pepper, moisten with the yolk of an egg (well beaten), and work all well together until you have smooth paste. Roll out on a bread board until very thin. Cut the paste into small strips and rings, lay on a greased tin and bake ten minutes in a very hot oven. Put in straws and rings together and serve with wafers.

CHEESE SCALLOP.—Soak one cup of dry bread crumbs in fresh milk. Beat three eggs into this, and add, one tablespoonful of butter, half pound of grated cheese, sifted bread crumbs on top of the mixture, and bake until a delicate brown colour.

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SALADS

SALAD DRESSING.—Mix one tablespoonful sugar, one teaspoonful of mustard, one quarter teaspoonful of salt, and a quarter cupful of vinegar. Heat the mixture, and add two well beaten eggs stirring constantly. Stand the bowl in a dish of hot water while stirring, and the dressing will become thick and creamy. Add two tablespoonfuls of butter. To this before using add beaten cream, white of egg or milk.

CHICKEN SALAD.—Take the white meat of a chicken, chop it very fine; take the white part of a stalk of celery, chop it in small pieces. Take the yolks of three hard boiled eggs, place them in a bowl and make a smooth paste of them, adding a tablespoonful of salad oil, a teaspoonful and a half of English mustard, a half a teaspoonful of salt and a half a teacupful of strong vinegar. Mix the chicken and celery together, and pour the dressing over them. Take the white heart of a head of lettuce, place it around the dish in which you are to serve the salad and pour the mixture over.

CELERY SALAD.—Take two heads of lettuce and two bunches of celery; chop all together fine. Take the yolks of three hard boiled eggs, mash them to a smooth paste, adding a tablespoonful of olive oil, two tablespoonfuls of water, a teaspoonful and a half of made English mustard, a half a teaspoonful of pulverized sugar, and a fifth of a teacup of vinegar. Mix each of the above ingredients separately and slowly, so that all will be well mixed. If you find the dressing too thick, add a little more vinegar. Lay into the dish a layer of chopped celery and lettuce; take the dressing and drop over it; sprinkle a little fine powdered sugar, then add another layer of celery and lettuce, and repeat as before with the mixture until you have filled the dish. Then over the top layer place slices of the white of the egg.

DANDELION SALAD.—Take a quart of the dandelions. Wash the leaves thoroughly so as to remove all grit, and place in a salad bowl with a pint and a half of water cress, two green onions, sliced; a teaspoonful of salt, and cover with plenty of Mayonnaise dressing.

LOBSTER SALAD.—To the yolks of four eggs, boiled hard, add a little sweet oil, mustard, pepper, salt, and a gill of vinegar. Stir these all together a long time. Cut up celery or lettuce fine, sprinkle it on the lobster in the dish in which it is to be served, and pour the mixture over it.

GAME

FILLET OF GROUSE.—Remove the breast and cut into four or five pieces. Take the remainder of the bird and disjoint it. Place in the pot and put enough salt and water in this to cover it. Let it boil till tender. Then remove all meat and chop it fine. Thicken the broth, which should be reduced to half a cup, season with pepper and salt and moisten the meat. Have squares of bread toasted, and spread the mince meat over it, putting a layer of currant jelly on each. Take the fillets and rub them with butter. After having carefully greased your gridiron, place them on it and broil them carefully; season with salt and pepper; lay them on the jelly.

BOILED PARTRIDGE.—After having cleaned the partridge thoroughly, split down the back, rub with salt and pepper and butter. Wipe the inside with a dry cloth. After having greased the gridiron thoroughly, place the partridge on it and broil slowly, turning frequently.

BROILED VENISON STEAK.—Take the required slices of venison needed, place them between dry cloths. Place them on the gridiron, which has previously been well greased, and broil them thoroughly. Season with salt and pepper, and baste them with butter. Serve with currant jelly on very hot dishes.

TO ROAST WILD DUCK.—After having thoroughly cleaned the wild duck, place them in a pot and parboil them for at least ten minutes. Then take them out and stuff them with a dressing, previously made, consisting of baker's bread crumbled fine, to which add three ounces of butter, an onion chopped fine, pepper and salt to taste; mix all well together with a half a cup of milk. Season the duck both inside and out with pepper, salt and a little sage rubbed fine. After having filled them with the dressing, skewer tightly. Place

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them in the pan back upward; dredge a little flour over it and place a tablespoonful in the pan with water sufficient to make a gravy. When nicely browned turn them over; frequently baste them and serve with currant jelly.

SAUCES AND DRESSINGS

DRAWN BUTTER.—Take half a cupful of butter and rub it well with two tablespoonfuls of flour; place in a saucepan, and add a cupful of boiling water stirring constantly until the sauce is smooth, and of the consistency desired. Add chopped parsley.

EGG SAUCE is made of drawn butter sauce with the addition of three chopped hard boiled eggs.

MUSHROOM SAUCE.—See page 12.

MINT SAUCE.—Chop a bunch of green mint finely. Add a cupful of white sugar, a cupful of vinegar, half a teaspoonful of salt, and a dash of black pepper. Make this some time before required so that the sugar will become dissolved.

TARTAR SAUCE.—Take the yolks of 3 eggs and beat in slowly, (drop by drop) about a gill of olive oil. Add one teaspoonful of mustard, one of salt, two dessertspoonfuls of Tarragon vinegar and a tablespoonful of cider vinegar. Mix well and add some chopped capers. Stand in a cool place.

BREAD DRESSING.—Mix one pint of stale bread crumbs with one teaspoonful of salt, one quarter teaspoonful of black pepper, some chopped parsley and a little sweet marjoram. Add two tablespoonfuls of melted butter and the dressing is ready to use. If desired two teaspoonfuls of sap of two large tablespoonfuls of chopped onion may be added.

POTATO DRESSING.—Mix two cupfuls of mashed potatoes, one teaspoonful onion juice, four tablespoonfuls of cream, one quarter teaspoonful black pepper, yolks of two eggs, one teaspoonful of salt, one tablespoonful of chopped parsley, and one of butter. This dressing is nice for ducks or geese.

PUDDINGS

ALMOND PUDDING.—Blanch (that is, peel off the brown skin) of five bitter and ten sweet almonds. To do this, easily, pour boiling water on them, then pound them fine in a dish. Set a dish with a quart of rich milk into a kettle of hot water; when it boils, put in the almonds. Mix two and a half tablespoonfuls of ground rice, smooth, with a large tumbler of milk and stir it in. Boil it half an hour, stirring it often; then add the yolks of three eggs beaten with half a coffee cup of fine sugar, and in about a minute take the pail from the kettle and stir in another half cup of sugar. Pour it into a dish and set it away to cool. Whip the whites of the eggs and a large spoonful of fine sugar to a stiff froth, drop them on the top with a large spoon, and set the pudding into the oven till the top is dry. This pudding should be eaten cold.

APPLE PUDDING.—Take a quart of stewed sour apples, put in it while hot a piece of butter the size of an egg, and sugar enough to make it quite sweet. Beat it several minutes, in order to mix it thoroughly. Beat four eggs and stir into it, add lemon or any essence you choose. Butter a cold dish thick with cold butter, and strew the bottom and sides with cracker crumbs or very fine bread crumbs; then pour in the mixture, sift plenty of the cracker crumbs on top, grate a little nutmeg upon it, and sprinkle it with sifted sugar. Bake forty or fifty minutes in one dish, or half an hour in two. It is as good cold the second day as when first baked. It is an improvement to eat it with cream.

APPLE TAPIOCA PUDDING.—Take about half a pint of tapioca, set it into water and let it soak about four hours. Have ready six or eight apples, which have been previously cored; fill the holes with sugar, sprinkle a little powdered cloves over them. Place them in a pudding dish and pour the tapioca over them. Place in the oven and allow to bake until the apples are thoroughly done. Make sure that your tapioca has thoroughly soaked, so that it will not be too thick. This can be eaten with milk or cream; and, being easily digested, can be eaten by invalids.

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BAKED APPLE DUMPLINGS.—To one quart of flour add two and one half teaspoonfuls of Cook's Friend Baking Powder, a heaping half teaspoonful of salt; mix well together (sift the above at least twice). Mix one tablespoonful of butter and lard, and use enough milk or water to make a soft dough. Roll out into half inch sheets. Peel and quarter some good sour apples. Place each quarter on a square of dough, sprinkle it over with sugar, and press the edges together firmly. Place them in a deep pan, sprinkle over them sugar and a little vinegar, putting a bit of butter on each. Fill the pan with boiling water, leaving the top of the dumplings uncovered. Serve with a hard sauce or rich cream.

APPLE SLUMP.—Cut up four or five apples, place them in one cup of water, half a cup of molasses and half a cup of sugar. Stew all together fifteen minutes. Make some dumplings as follows: One cup of flour, one and a half teaspoonfuls of Cook's Friend Baking Powder, a pinch of salt, all sifted twice together. Add a small teaspoonful of lard; rub through the flour, same as in making pie crust; one cup of milk; mix the dough only as little as possible. Cook with the apple mixture fifteen minutes. This is enough for a family of three.

BOSTON PUDDING No. 1.—Butter a pudding dish, then break five milk crackers very fine; add one quart of sweet milk, four eggs well beaten and sugar to taste, making quite sweet; put in a half cup of butter, a little cinnamon and lemon to taste, one half a cup of stoned raisins well washed. Bake in a moderate oven three-quarters of an hour, stirring up twice after it begins to bake; this can be eaten either plain or with a cream sauce.

BOSTON PUDDING No. 2.—One cup of sugar, one cup of butter, one cup of sweet milk, three and a half cups of flour, three teaspoonfuls of Cook's Friend Baking Powder, two tablespoonfuls of molasses, one and a third cups of seeded raisins; sift the flour and baking powder together, adding about half a teaspoonful of salt; sift this twice. Mix all well together, place in a dish or pudding bag and steam four to five hours. Serve with hot or cold sauce.

ENGLISH PLUM PUDDING.—Two pounds of seeded raisins, two pounds of currants well washed, half a pound of

sliced citron, two pounds of bread crumbs, two pounds of chopped suet, juice and grated rind of three lemons, six well beaten eggs, two pounds of light brown sugar, four grated nutmegs, one tablespoonful of salt, one cup of milk. Mix all the fruit thoroughly, then add eggs and milk, a little at a time, adding carefully, so as to make it moist enough to stick together, not wet; fill bowls the desired size, even full; tie a cloth over the top; boil steadily eight hours; when wanted for use, boil one hour longer; serve with iced cream and rich wine sauce. This pudding can be kept cold for several months in the winter.

FIG PUDDING.—Take cup of molasses and mix with one cup of chopped suet, one cup of milk, three large cups of red flour, two beaten eggs, three teaspoonfuls Cook's Friend Baking Powder, one of cinnamon, and a half a teaspoonful of nutmeg, one pint of figs; mix all together. Beat all thoroughly, butter a deep dish, turn in the mixture, steam five hours. Serve with cream or wine sauce.

FRUIT PUDDING.—One cup of molasses, one cup of milk, one cup of raisins carefully seeded and coarsely chopped, half a cup of butter, three and a half cups of flour, three and a half teaspoonfuls Cook's Friend Baking Powder, half a nutmeg a half teaspoonful each of ground cloves, cinnamon and allspice. Citron and currants may be added if a very rich pudding is desired. Put in a steamer or in a pail, tightly covered, set in a kettle of boiling water and cook three hours; take it out and then place it in a hot oven for fifteen minutes; to be served with a cold sauce made as follows: Take the white of one egg beaten stiff and one cup of powdered sugar and a little flavoring; mix all well together. This will make a cold, hard sauce.

FLOATING ISLAND.—Take one quart of milk, the yolks of four eggs, one half cup of sugar, one and a half teaspoonfuls of vanilla. Cook in a double boiler or in a basin or pitcher, set in boiling water till it thickens, but does not curdle. Turn in glasses, letting the custard fill not more than two-thirds full. Just before serving, whip to a stiff broth the whites of the eggs, which should have been kept in a very cool place, adding two teaspoonfuls of sugar and a fourth of a teaspoonful of vanilla. Place on the top of the yellow custards adding to each glass, if you choose, a spoonful of ruby jelly.

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GRAHAM PUDDING.—Take one and a half cups of Graham flour, one and a half teaspoonfuls Cook's Friend Baking Powder, half a cup of sweet milk, one egg, one cup of seeded raisins, chopped fine, half a cup of molasses, a quarter of a cup of butter, melted; a little salt, a teaspoonful each of ground cloves, cinnamon and allspice. Steam two hours.

COTTAGE PUDDING.—Take one teacup of sweet milk, three cups of flour, three teaspoonfuls Cook's Friend Baking Powder, one cup of brown sugar, one beaten egg, one tablespoonful of butter. Melt the butter. Bake half an hour. Serve with a hot spirit sauce.

BLANC MANGE.—Pour boiling water over one cup of Irish moss. After ten minutes, wash and rinse in cold water; cook ten minutes in three pints of milk; flavor and sweeten, and turn into a mould. Serve with jelly and cream.

APPLE DUMPLINGS.—One pint of flour, one and a quarter teaspoonfuls of Cook's Friend Baking Powder, a quarter of a teaspoonful of salt; sift all together twice. Mix with milk or water, the same as for biscuits. Stew three pints of sliced apples, the same as for apple sauce, into the dough, and cook for ten or fifteen minutes. To be eaten with hot sauce.

BERRY PUDDING (Baked).—Sift twice two cups of flour, two teaspoonfuls of Cook's Friend Baking Powder, one and one third cups of sugar. Add one cup sweet milk, two beaten eggs, and pour into a baking dish over either fresh fruit or over jam. Bake for three quarters of an hour.

BERRY PUDDING (Steamed).—Two cups of flour, two teaspoonfuls of Cook's Friend Baking Powder, one and a third cup of sugar, sifted twice. Add one cup of sweet milk, two beaten eggs and two cups of berries, or about a quart. Steam two hours and a half.

CHELSEA PUDDING.—Three and a half cups of flour, three teaspoonfuls of Cook's Friend Baking Powder and a quarter of a teaspoonful of salt. Mix thoroughly by sifting all together twice. Add one cupful of sugar half a cup of butter, one cup of sweet milk and one cup of seeded raisins. Boil three to four hours. Serve with hot sauce.

BAKED CUSTARD.—Boil the milk with a stick of cinnamon in it; then set it off from the fire, and while it cools a very little, beat (for a quart of milk) five or six eggs, with three large spoonfuls of fine sugar; then stir the milk and eggs together and pour into custard cups or into a single dish that is large enough. Bake in a very moderate heat, else it will turn, in part, to whey.

COCOANUT PUDDING.—Grate a cocoanut and save the milk. Boil a quart of milk and pour on the cocoanut, add five eggs, with a coffee cup of sugar beaten in them; an ounce of butter, two tablespoonfuls of rose water, a little salt. If you have cream and plenty of eggs, make it of cream, instead of milk. Add cream, eggs and any essence or spice you choose. Bake in one dish nearly an hour; or make a nice paste and bake in three deep plates like custard pies forty minutes.

INDIAN APPLE PUDDING.—Four tablespoonfuls of Indian meal, two of melted butter and one teaspoonful of salt, one quart of milk, half a cup of molasses, a little grated nutmeg and one quart of pears and a quart of apples, sweet or sour. Place the milk in a double boiler, and when it boils pour over the Indian meal. Put this mixture into the double boiler and let it cook twenty minutes, stirring it often; then add the molasses, butter, salt and nutmeg, and cook ten minutes longer. Then butter a deep pudding dish and put the apples into it, pour the cooked mixture over them, cover the dish with a plate and bake slowly for three hours. Nice with sweetened cream.

BREAD PLUM PUDDING.—Take all kinds of bread and cake that are hard and past eating; put them in cold water; when they are soft, press the water out; have in all one quart of this soft mixture; half a cup of suet or one tablespoonful of dripping, one cup of raisins, half a cup of currants, one egg, half a cup of molasses, half a cup of milk or water, one cup of flour, one teaspoonful of Cook's Friend Baking Powder; spice to suit the taste. Steam or boil two hours and a half. A sauce for this is made of one egg, a teaspoonful of butter and a tablespoonful of sugar; beat smooth. This is nice either hot or cold.

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ORANGE PUDDING.—Make a soft custard of the yolks of three eggs, one cup of sugar, one tablespoonful of salt, one pint of sweet milk. Pare and slice five large oranges into a pudding dish with a layer of sugar. When the custard is cool, pour over the fruit. Make a meringue of white of egg and two spoonfuls of sugar, then cover the top with this; place in the oven and brown.

PUFF PUDDING.—Mix in one pint of flour one and one-fourth teaspoonfuls of Cook's Friend Baking Powder and a little salt; sift twice, then mix enough milk with it to make a batter; pour into a greased pan; then put steamed apples or berries on top and pour on the rest of the batter. Steam half an hour. Serve with cold sauce.

TO BOIL RICE.—Have three quarts of water boiling rapidly, add a teaspoonful of salt, and one cupful of well washed rice. Add the rice very gradually so as not to stop the boiling. Twirl with a fork, cover the kettle, and allow boiling to continue rapidly for twenty minutes. Turn the rice into a colander to drain, stand this in the oven for five minutes, leaving the door open. Serve hot or cold.

FRUIT SALAD AND SHERBET.—Soak three-quarters of a box of gelatine in a half a pint of water thirty minutes; add two cups of sugar and one pint of boiling water and allow it to dissolve; take the juice of two lemons, two oranges, two bananas, eight figs, a few dates, eighteen or twenty English walnuts; after the gelatine begins to harden add the fruit, cut in small pieces, and stir in a little pineapple, raspberries and strawberries. Pour into a mould, and when stiff turn out and serve with whipped cream.

WEDDING PUDDING.—One egg, two cups of butter, half a cup of sugar, half a cup of molasses, and half a cup of milk, two-thirds of a cup of chopped raisins, one teaspoonful of soda, one teaspoonful each of cloves, cinnamon and nutmeg. Add flour enough to make as thick as ordinary cake. Steam three hours. Sauce for the above. Two cups of sugar, one cup of butter, two eggs well beaten, a wine glass of wine. Mix thoroughly, add a little more than one cup of boiling water, and let it stand on a hot tea kettle until it thickens a very little.

SAGO PUDDING.—A pint of milk, a tablespoonful and a half of pearl sago, two eggs, two large spoonfuls of sugar, and a half teaspoonful of salt. Wash the sago in warm, if not hot water twice; then put it with the milk into a pail and set in a steamer. Stir it very often, as it swells fast, and will else lie in a compact mass at the bottom. When it has boiled two or three minutes, take the pail from the steamer, add the salt, and the eggs, beaten with sugar. Flavor it with vanilla or a few drops of essence of lemon, put it into a dish and grate nutmeg over it. Set it immediately over the oven and bake it about three-quarters of an hour.

RICE MERINGUE.—Put one pint of milk in double boiler, add one cup of freshly boiled rice and a little salt; when boiling add yolks of three eggs well beaten with three tablespoonfuls of sugar; cook five minutes; remove from fire; when cold, add grated rind of lemon; and, lastly, whites beaten stiff with half a cup of powdered sugar. Juice of lemon. Serve cold.

SNOW PUDDING.—Soak one half box of gelatine in half a cupful of cold water for half an hour; pour off the water and pour over it one cupful of boiling water and add the juice of one lemon. When the gelatine is dissolved, strain it into a large bowl, add four tablespoonfuls of cold water and two cupfuls of sugar; let it stand until cold, and it begins to thicken; then beat the whites of four eggs to a stiff froth and add to the gelatine and beat all together until it is a solid froth as white as snow; fifteen minutes of rapid heating ought to make it so; dip your mould in cold water and fill with the snow; this should be made seven hours before serving, and kept on the ice, where it will not soften. For a custard to serve with it, take the yolks of the eggs, three cupfuls of milk, one-fourth teaspoonful of salt, and one half cupful of sugar, set it in a dish of boiling water until it thickens.

PUDDING SAUCES

ELEGANT PUDDING SAUCE.—To four large spoonfuls of fine white sugar put two of butter, one of flour; and stir them together in an earthen dish. Cut the whites of an egg

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to a stiff froth and add it. Then pour into the dish a gill of boiling water; stir in the mixture very fast. Put it into the salt tureen and add essence of lemon or rose or grated nutmeg over the top as you prefer.

A PLAINER SAUCE.—To three large spoonfuls of clean brown sugar put rather more than one tablespoonful of butter, half a tablespoonful of flour; stir all together in an earthen dish until white; then add a gill of boiling water, and stir steadily until it is all melted; then set it upon the coals long enough for it to boil. Add rose water, a few drops of lemon juice, or a spoonful of boiled cider.

COLD SAUCE.—Take the same measure of butter and sugar as given in either of the above recipes and stir them to a cream; omit the flour, but add the white of egg.

SOUR CREAM SAUCE.—Put together a cup of sugar and a cup and a half of thick sour cream. Stir the mixture five or six minutes, then put it into a sauce tureen and grate nutmeg over it. This sauce is especially good for baked or boiled Indian puddings.

FRUIT ICES

APRICOT.—Pare, stone and scald twelve ripe apricots; then bruise them in an earthen dish. Stir in a half a pound of powdered sugar to a pint of cream; add the apricots and strain through a very fine sieve. Freeze and put in a mould.

STRAWBERRY OR RASPBERRY ICE.—Bruise a pint of raspberries or strawberries, with two large spoonfuls of fine sugar; add a quart of cream, and strain through a sieve and freeze it. If you have no cream, boil a spoonful of arrow-root in a quart of milk, and, if you like, beat up one egg and stir into it.

IMPERIAL CREAM.—Boil a quart of cream with the thin rind of a lemon; then stir it till very cold; have ready, in the dish in which it is to be stirred, the juice of three lemons; strain it in as much sugar as will sweeten the cream; pour the

cream into the dish from a teapot or pitcher, holding it high and moving it about so as to mix thoroughly with the juice. It should be made six hours before being served. Eat with sweetmeats, apple island, or apple pie.

PIES

PUFF PASTE.—For a pound and a half of flour take one pound of butter; rub one-third of the butter into the flour, add water enough just to make a stiff dough, then roll it out, and put on the rest of butter. At all times use ice cold water.

A RICH PIE CRUST.—Take one pound of flour, add a pinch of salt and two teaspoonfuls of baking powder; sift twice; rub lightly into this one half pound of good fresh lard, until it looks like fine crumbs; then, take a large fork and mix with water (an egg beaten in it will improve it) into a stiff paste; be sure and not make it soft; if you do, in rich paste the fat will boil out and leave the crust poor and hard. The secret in making good pastry is to touch it as little as possible with the hand, and don't roll it out more than once if possible. An excellent pie crust and an easy one is made as follows: Take for four medium sized pies, four cups of pastry flour and one teaspoonful of salt, two teaspoonfuls of Cook's Friend Baking Powder; sift at least twice; add one cup of lard and mix thoroughly; use very cold water, enough to make a nice dough; take a small piece, roll, put on the plate for the under crust. For upper crust, roll, spread quite thickly with lard, sprinkle plentifully with flour, pat with the hand and cover pie, and pour over a little cold water; then place in oven.

APPLE PIE MADE FROM STEWED APPLES.—Take the amount of stewed apples which is necessary to make the number of pies, and, while it is hot, add butter in the proportion of a dessert spoonful to a quart of apples. Then add a little nutmeg, grated, and lemon, cinnamon and orange. When you have laid the under crust in the plate, roll out the upper one, so that it may be laid on the moment the apple is put in, as the under crust will absorb too much moisture. Put it immediately into the oven.

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PIE OF UNCOOKED APPLES.—To eat immediately, the following is excellent; After having pared and sliced an apple, lay the slices upon the under crust in the plate. Fill it quite full; sprinkle the rim with a little flour to prevent the upper crust from adhering to the under one. Grate a little nutmeg and add about half a cup of sugar and small bits of butter. Bake about thirty-five minutes, or until the apple is tender.

BANBERRY TARTS.—Take one cup of seeded raisins and chop them. Add one cup of white sugar, the rind and juice of one lemon, two good-sized crackers; chop all together fine; make into small turnovers with pie crust; this makes thirteen.

CUSTARD PIE.—Beat up four eggs with one quart of milk, one and a quarter cups of sugar and a little salt. Mix them all thoroughly, pour into a deep dish, having previously covered the same with an under crust. In this recipe you will use no upper crust.

COCOANUT PIE.—Take about half a pint of cocoanut, one quart of milk, and after heating the milk to a boiling point pour it over the cocoanut, add two and a half tablespoonfuls of butter, five eggs well beaten and sugar to taste. This will make two large sized pies. Use only an under crust.

CHERRY PIE.—After having placed your pastry in the bottom of your pie plate, take a quart of common red cherries, stem and remove the stone. Place them in the pie plate until it is quite full. Sprinkle over two cupfuls of sugar to each pie. Cover with upper crust; damp them and bake in a hot oven.

LEMON PIE.—Make a nice paste and lay into two medium sized plates; then prepare the following mixture: To the juice and grated rind of one lemon made very sweet with white sugar; add three well beaten eggs and a piece of butter half the size of a hen's egg; melt it. Stir these ingredients together, then add a pint of rich milk or thin cream; stir in very fast. Fill the plates and bake immediately.

MINCE PIE.—Take three pounds of boiled fresh beef, chop

it fine, then add eight large apples and chop them fine also with a pound and a half of suet, a pound of currants and a pound of raisins. Take a pound and a quarter of sugar, a quart of wine or boiled cider; put the sugar into the cider or wine and boil it up so as to skim off the top; let it stand a few minutes. Add to the meat and so forth, half a pound of citron, a little salt, ground nutmeg, cinnamon, cloves, the juice and pulp of one lemon, and the rind chopped fine. Pour the cider or wine over it. Be careful in pouring it not to disturb any sediment that there may be from the sugar. Use loaf sugar, if you prefer.

PEACH PIE.—If the peaches are dry, stew them first in a little water; if fresh, pare them, but do not take out stones. Make the pie in a large deep dish, and close the edge well to prevent the escape of the syrup. The freestone peaches are the best because more tender; the clingstone peach requires long cooking.

RHUBARB PIE.—Peel the stalks and cut them into pieces about an inch long; lay them in a soft cloth, in order to absorb some of the juice, as the quantity is very great. Put them in a saucepan and stew gently; add sugar enough to make it sweet as you wish, but no water; cover close. Be careful not to stew it too long as to break the pieces. Lay it into dishes for the table, and, having baked your paste of the right size, lay it over. If any spice is used, it should be only the rind of the lemon.

SQUASH OR PUMPKIN PIE.—To a pint and a gill of strained squash put three gills of sugar, three eggs, two crackers, pounded and sixed, a teaspoonful of salt, one grated nutmeg, a dessert spoonful of powdered cinnamon, or some essence of lemon; a teaspoonful of ginger and a tablespoonful of butter, melted in a quart of milk; boil the milk. To mix it, stir the spice and salt into the strained squash first, then add the cracker and sugar, and when they are mixed pour in half the milk, and when this is well stirred add the remainder, lastly, the eggs. It should be thoroughly beaten.

ANGEL CAKE.—Beat the whites of three eggs; sift with them (powdered), mixing cream or one tumbler; a teaspoonful of cream of tartar; sift into the eggs very lightly; when the mixture is light, add a little oil, and put into an moderate oven for about an hour; open the oven door for five minutes, and take from the oven.

APPLE DOUGHNUTS.—Take a half teaspoonful of salt, and a half teaspoonful of flour enough to handle; mix with biscuit cut as for turnovers; put a spoon in centre and lay them out; cook in hot oil.

BIRTHDAY CAKE.—Take two teaspoons and a half of sugar, one pound of white sugar, stoned; ten eggs; a little essence of spice, tablespoon of lemon. Bake three hours.

BRASSY'S FAVORITE.—Sugar stirred to a cream; beat well; add one egg; mix with two and a half cups of flour. Powder. Flavor with vanilla. Little salt. Now a favorite. Well. Bake in a moderate oven. This is a favorite.

BANANA FRUIT.—Take one and a half cups of sugar, one and a half cups of flour, one and a half cups of milk, one and a half cups of butter, one and a half cups of eggs, one and a half cups of vanilla, one and a half cups of salt.

CAKE

ANGEL CAKE.—Beat the whites of eleven eggs to a stiff froth; sift with them a little at a time ten ounces of sugar (powdered), mixing carefully and lightly; then sift five ounces or one tumblerful of flour four times; add a level teaspoonful of cream of tartar to the flour; sift it again, and then sift into the eggs and sugar a little at a time, mixing very lightly; when the flour is used, add a teaspoonful of vanilla, and put into an unbuttered pan; bake the cake in a moderate oven for about three-quarters of an hour; do not open the oven door for fifteen minutes; let cool slowly when taken from the oven.

APPLE DOUGHNUTS.—One cup of sugar, two eggs, one and a half teaspoonfuls of Cook's Friend Baking Powder, flour enough to handle nicely; roll same as for doughnuts and cut with biscuit cutter; then roll each one thin, the same as for turnovers; put one teaspoon of nicely flavored apple sauce in centre and lap edges well, so apple sauce will not come out; cook in hot lard same as doughnuts.

BIRTHDAY CAKE.—One pound of flour; sift twice, with two teaspoons and a half of Cook's Friend Baking Powder, one pound of white sugar, one pound of butter, one pound of raisins, stoned; ten eggs, quarter of a teaspoonful of all kinds of spice, tablespoon of essence of lemon or the juice of half a lemon. Bake three hours. This makes two good-sized loaves.

BRASSY'S FAVORITE.—One cupful of butter and two of sugar stirred to a cream; then add yolks of three eggs and beat well; add one cup of milk and three of flour, sifted twice with two and a half teaspoonfuls of Cook's Friend Baking Powder. Flavor with two small teaspoonfuls of vanilla, a little salt. Now add the whites of the eggs and beat all well. Bake in a moderately hot oven in two shallow tins. This is a favorite cake of the ladies of Maine.

BANANA FRITTER.—One large cup of flour sifted twice with one and a quarter teaspoonfuls of Cook's Friend Baking

Powder and a pinch of salt; then mix with enough milk to make a smooth batter; cut the bananas into two pieces, drop them in the batter, take out separately and drop them in boiling fat; let them cook as doughnuts; when browned take out and drain on brown paper. Eat with sweet sauce.

BROCKTON CAKE.—Take two cups of flour and two and a half teaspoons of Cook's Friend Baking Powder, two tea cups of white sugar; sift all together at least twice; then add two beaten eggs, two-thirds of a cup of sweet milk and one half cup of butter. Mix all well together. Divide the cake in half. Then grate about quarter of a pound of Baker's chocolate and add to it one half cup of brown sugar, three tablespoonfuls of milk. Heat the milk, sugar and chocolate together until melted, and, when cold, put with one half the cake, adding a little more flour; flavor with vanilla. Bake each half in separate tins and put together with frosting or jelly.

CHOCOLATE CREAM PIE.—Beat half a cup of butter to a cream, and gradually beat into it one cup of powdered sugar. Beat two eggs till light; then beat them into the sugar and butter. Add half a cup of milk and two cupfuls of flour, with which has been sifted two and a half teaspoonfuls of Cook's Friend Baking Powder. Beat this mixture vigorously and pour into four deep tin plates that have been well buttered. Bake in moderate oven a quarter of an hour. Carefully remove from tins and put on plates that are much larger than the cakes. Make a cream for the filling as follows: Beat the yolks of two eggs, mix one tablespoon of flour with two of sugar; add to the yolks. Put a cup of milk into a double boiler, and when it boils add the beaten mixture, with a pinch of salt. Stir constantly until the mixture is smooth. Cook about five minutes, take from the fire and flavor with vanilla. Chocolate icing for the same: Mix six tablespoonfuls of grated chocolate and half a cup of powdered sugar. Beat to a stiff froth (dry) the whites of two eggs, and gradually beat in a cup of powdered sugar and a teaspoon of vanilla extract. Put the mixture of chocolate and sugar into a small frying pan; add two tablespoonfuls of water and stir over a hot fire until smooth and glossy. Beat this cooked mixture into the mixture of eggs, whites and sugar. Spread two cakes with the cooked cream, then a thin layer of icing. Repeat.

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CHOCOLATE CAKE.—Half a cup of butter, two cups of sugar, quarter pound of chocolate melted and thoroughly dissolved in half a cup of hot coffee, two and a half teaspoonfuls of Cook's Friend Baking Powder thoroughly sifted (at least twice) into two cups of pastry flour; mix all together. Now bake half of this batter and add to it one cup of stoned raisins (chopped), two tablespoonfuls of molasses, a little cinnamon, cloves and nutmeg; put this dark part in the pan. Bake in a well heated oven twenty minutes; then turn over it the light batter; bake carefully.

CUSHING CAKE.—Sift two teaspoonfuls of Cook's Friend Baking Powder into two cups of flour (sift twice); cream one cup of sugar and half a cup of butter; add two eggs and half a cup of milk; mix all thoroughly. Now bake half this batter and add to it one cup of stoned and chopped raisins, two tablespoonfuls of molasses, a little cinnamon, cloves and nutmeg; put this dark part in a pan. Bake in a well heated oven twenty minutes, then turn over the light batter and bake carefully.

CURRENT CAKE.—One cup of granulated sugar, half cup of butter, half cup of milk, one cup of well dried currants, two eggs, one and a quarter teaspoons of Cook's Friend Baking Powder, (sifted twice) in one pint of flour; mix all well together. Be sure and beat the eggs, butter and sugar very light before mixing. Bake in a moderately hot oven.

CONFECTIONER FROSTING.—Take a cup of sugar (confectioner's); mix with cold water or milk until it will drop from a spoon easily; add orange extract or any flavor you wish, or melted chocolate; spread on top of cake or between layers of cake. It is best at all times in mixing cake or baking to use a wooden spoon.

CHEAP CAKE.—One cup of white sugar, half cup of lard, half cup of sweet milk, one cup of seeded and chopped raisins, one teaspoon of vanilla or lemon, two teaspoonfuls of Cook's Friend Baking Powder, two cups flour and a little salt; bake in a shallow pan in a slow oven. The cake will be so thick you will have to flatten it in the pan with your spoon.

COCOANUT CAKE.—One cup of shredded cocoanut, one cup of butter, two cups of sugar, three tea cups of flour, one cup of milk. Sift the flour with one and a half teaspoonfuls of Cook's Friend Baking Powder. Mix the cocoanut, butter, sugar and four beaten eggs together thoroughly, and add the flour, etc. Mix well, adding vanilla flavoring or lemon. It is always best to cream the butter and sugar together. Bake in a moderately hot oven.

CORN STARCH CAKE.—Take two-thirds of a cup of corn starch, one of flour, and sift with one and a half teaspoonfuls of Cook's Friend Baking Powder and half a teaspoonful of salt. Take one cup of sugar, half cup of butter (cream); add half cup of milk, two eggs, and mix all well together. Flavor with lemon extract.

FRUIT CAKE.—Two and a half cups of flour, two and a half teaspoons of Cook's Friend Baking Powder; sift well. Add two cups of brown sugar, one and a half cups of butter, four eggs, half cup of molasses, half cup of sweet milk; add cloves, cinnamon and nutmeg; mix all together thoroughly and add one and a half pounds of seedless raisins, one and a half pounds of currants, one pound of sliced citron, chopped fine; add more flour if needed; a wine glass of wine or cider. This will make three medium loaves. Bake one and a half hours.

CREAM CAKES.—A pint of water, half a pound of butter, three-quarters of a pound of flour and ten eggs. Boil the water, melt the butter in it, stir in the flour dry while it boils. When it is cool add a teaspoonful of Cook's Friend Baking Powder and the eggs well beaten. Drop the mixture on buttered tins, with a tablespoon, and bake 20 minutes. To make the filling: Take one cup of flour; two cups of sugar, one quart of milk, and four eggs. Beat the flour, sugar and eggs together, and stir into the boiling milk. When the milk is sufficiently scalded season with lemon. When the cakes are done, cut open and fill with the above mixture.

COCOANUT DROPS.—Grate a cocoanut and weigh it, then add half the weight of powdered sugar and the white of one egg cut to a stiff froth. Stir the ingredients together, then drop the mixture with a spoon upon buttered paper or tin sheets, and sift sugar over them. Bake in slow oven fifteen minutes.

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DATE CAKE.—Beat two eggs separately, add one cup of sugar and half a cup of butter creamed, three-quarters of a cup of milk. Take two cups of flour and two teaspoonfuls of Cook's Friend Baking Powder; sift together (twice); add to the above mixture and stir in one pound of stoned dates. Mix all thoroughly and bake in a moderately hot oven.

CHOCOLATE FROSTING.—Grate one square of chocolate; beat the whites of one egg with two-thirds of a cup of confectioner's sugar. Take the chocolate and one-third of a cup of confectioner's sugar; add to it two tablespoonfuls of boiling water; place this in a saucepan; stir over a hot fire till smooth and glossy; then stir into the beaten white and sugar; this frosting is never sticky and will not break when cut.

DOUGHNUTS WITHOUT EGGS.—Two cups of sour milk, thick; two tablespoonfuls of thick cream, one teaspoonful of soda, one tablespoonful of salt, a little nutmeg, one cup of sugar; mix all thoroughly. When the lard is hot, put in one-half as many as the fry pan will hold. When ready to turn put in one half as many more, and then keep the lard at an even heat, until all are cooked.

FEDERAL CAKE.—A pound each of butter and sugar, a pound and two ounces of flour, a pound of raisins, five eggs, a cup of sour cream, (or, if milk is used), add a quarter of a pound more of butter, half a pound of nutmeg, a wine glass of brandy and a teaspoonful of Cook's Friend Baking Powder. Stir the butter, sugar and nutmeg to a cream, then add the eggs, then the cream and baking powder mixed, next the flour (a little at a time), except a handful in which to mix the raisins; and last, the brandy and fruit.

GOLDEN COINS.—If you have some puff paste made up, roll some out, about one-third of an inch thick, cut out some rings about two inches in diameter with cutter. Take the circles one at a time and carefully dip one side in a half beaten egg, then lay them glazed side down on paper which has been thickly sprinkled with sugar. Then lay each one sugar side up on a shallow pan and bake in a quick oven. The egg and sugar together will make an elegant crust, and when all are daintily piled on a fancy dish with a pretty doily beneath them, everyone concedes they are rightly named.

HARRISON CAKE.—To two cups of molasses, put one of brown sugar, one of butter, one of sour cream or milk, a cupful of raisins and one of currants, a teaspoonful of pew-cupful of raisins and one of currants, a teaspoonful of powdered cloves and one and a half of Cook's Friend Baking Powder. To mix it, cut the butter in little pieces, and put into a saucepan with the molasses to melt. When the molasses boils up pour it immediately upon three or four cups of flour, and add the sugar, the rest of the cream, the spice, and flour enough to make it of the consistency of cup cake; and, last, the fruit. Bake it in cup cake pans, rather slowly. All cake containing molasses is more apt to burn than that which has none.

NUT CAKE.—Take two-thirds of a cup of butter and cream it with two and a half cups of sugar. Beat up four eggs, whites and yolks separate, and one cup of sweet milk. Take three and a half cups of flour and sift with three teaspoonfuls of Cook's Friend Baking Powder. (Sift three times.) Add to this two and one half cups of hickory nuts. Flavor with vanilla. Mix all together thoroughly and bake in a good hot oven thirty minutes.

ORANGE CAKE.—Take three cups of pastry flour and sift it twice with two and a half teaspoons of Cook's Friend Baking Powder; cream three-quarters of a cup of butter and two cups of fine granulated sugar; beat four eggs light and one cup of milk, flavored with extract of orange. Bake in two pans about thirty-five minutes and frost with the following orange frosting: Mix together the yolks of one egg and one tablespoon of water, half teaspoonful of orange extract and enough powdered sugar to make it thick enough to spread. This will frost one cake.

PUFF CHIPS.—If you have some puff paste on hand, take a little of it, roll out a layer of it about one-fourth of an inch thick; cut into strips about one inch wide and five long; make fancy ends. Lay two together, one on top of the other, until all have been used; then with a small cutter—a funnel may be used—cut three or four holes down through the two strips. Glaze the tops with a half beaten egg, being very careful it does not touch the sides, and bake to a delicate brown. Put a napkin or fancy doily on a pretty dish, and pile

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the chips in log cabin fashion on it and serve with lemon or other jelly.

RAISIN PUFFS.—Take two cups of flour, sift with three teaspoonfuls of Cook's Friend Baking Powder (twice or three times), rub in half a cupful of butter, add one cup of milk, one cup of chopped raisins, two teaspoonfuls of sugar; steam half an hour in small cups; serve hot. A good sauce for the above: Half coffee cup of brown sugar, one tablespoon of butter, one tablespoon of flour (beat well together), half cup of boiling water, and simmer a few minutes (about ten); flavor with nutmeg or a little cider.

SPONGE CAKE.—One pint of flour, one and a quarter teaspoonfuls of Cook's Friend Baking Powder, sifted twice or three times, with a scant pint of sugar; add four eggs, beaten separately (whites and yolks). Mix all well together and flavor with vanilla.

NEW YORK GINGER SNAPS.—Half a pound each of butter and sugar, two and a half pounds of flour, a pint of molasses, three teaspoonfuls of Cook's Friend Baking Powder caraway seeds or ginger. Mix thoroughly and roll out and bake thin.

VANILLA WAFERS.—Cream one cup of sugar and two-thirds cup of butter, then add one egg well beaten, four tablespoonfuls of milk, one tablespoonful of vanilla. Take flour enough to mix the above, so as to roll out thin, and sift with it two and a half teaspoons of Cook's Friend Baking Powder. Bake in a quick oven. Sprinkle sugar on top before cutting out.

WEDDING CAKE.—Mix two and a half pounds of seeded raisins, two and a half pounds of currants, one pound of thinly sliced citron, half a pint of chopped figs. Pour over this a pint of fine old sherry wine and a pint of old brandy. Let it stand for twelve hours and then pour off what liquor has not soaked through the pint. Mix one pint of butter creamed, one pound of sugar, the well beaten yolks of fourteen eggs, a tablespoonful of mace, one tablespoonful of cinnamon, two grated nutmegs, one pound of browned flour, and the whites of the eggs added alternately. Be sure and mix all the above with the hands. Bake slowly.

BREAD AND BREAKFAST CAKES

BREAD (WHITE).—Take one cake of compressed yeast, crumble and dissolve in half a pint of warm water and two teaspoonfuls of sugar; after it is light stir it into flour, to make a moderately thick batter; cover, and when light, or in about half an hour, add one quart, equal parts milk and water (quite warm); stir in flour enough with the hands to mould without sticking; salt lightly when mixing; keep it in a warm corner; cover from the air; when light, stir with a knife; let it rise the second time, and put in baking tins in quantity to suit. Two large loaves can be made from this, and one and a half dozen biscuits or buns. Let the dough rise in the tins, take it out and roll it back until it is its first size again, and let it rise again before baking. Have a moderately hot oven and do not open the door until quite brown.

STEAMED BROWN BREAD.—For a very small family take half a pint of rye meal, not sifted, and a pint of sifted Indian meal, a pint of sour milk, a half gill of molasses, five teaspoons Cook's Friend Baking Powder. Grease a tin pudding pan, and stir in the mixture well. Cover tightly, set into kettle of boiling water (or steamer). Do not quite fill the pail with the mixture, as it must have room to expand. See that the water does not boil on the top of the pail, and take care also that it does not entirely boil away. Cook four to five hours, take out and place in an oven (cover off the pail), to dry the top. It will then turn out in perfect shape.

BOSTON BROWN BREAD (To be baked in brick oven).—Take a quart of rye meal and the same of Indian meal; mix with warm water a gill of molasses, five teaspoons Cook's Friend Baking Powder large teaspoon of salt and half a gill of yeast. Make it as stiff as can be easily stirred. Grease a deep, brown pan, thickly, and put the bread in it, and dip your hand in water and smooth over the top. This will rise faster than other bread, and should not be made over night in summer. If put in the oven in the forenoon it will be ready by supper time. If put in the oven in the afternoon, allow to remain there until morning.

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CORN MUFFINS.—One tablespoonful of butter, one egg, one cup of milk, one and a half cups of flour, half a cup of Indian meal, two and a half teaspoonfuls of Cook's Friend Baking Powder, a pinch of salt; sift the flour and Indian meal and salt and baking powder twice; mix the butter and eggs together; adding milk and sugar. Mix all well together, then add the flour and meal. Put in muffin tins and bake half an hour.

BREAKFAST CORN CAKE.—One cup of Indian meal, two cups of flour, two cups of sweet milk, one egg, two tablespoonfuls of sugar, three teaspoonfuls of Cook's Friend Baking Powder, butter the size of an egg; bake half an hour.

GRAHAM MUFFINS WITH SOUR MILK.—One cup of sour milk, half a cup of sugar, one cup of flour, one cup of Graham flour, one teaspoonful of soda, one egg and a little salt; beat the eggs and sugar; dissolve the soda in milk, and add the flour and Graham.

BREAKFAST BISCUIT.—One quart of flour, two and a half teaspoonfuls of Cook's Friend Baking Powder. Sift twice, add half a teaspoonful of salt; sift again; rub in the flour a good tablespoonful of lard; mix with milk until soft; have your bread board well floured; turn out your bread; and do not roll with rolling pin, but pull it out to the thickness of an inch and a half. Grease your baking pan with butter. Cut into required size, place in the pan and brush the tops over with melted butter. Bake about twenty-five minutes.

PARKER HOUSE ROLLS.—One pint of milk, two tablespoonfuls of lard, two tablespoonfuls of sugar, one quart of flour, half a yeast cake; scald milk, and, when cool, dissolve yeast cake in it; rub lard in flour, add milk, sugar and salt; let it rise and knead twice at least before putting into pans, as the oftener they are kneaded the lighter they will be; cut out with a large cutter; put a little piece of butter in the middle and turn it half over; the butter will make them open readily when cooked; have a good hot oven; bake twenty minutes. Brush with butter and milk when done.

RYE BISCUIT.—One cup full of rye meal, two cups of flour, two and one half teaspoonfuls of Cook's Friend Baking Powder, quarter of a teaspoonful of salt. Sift twice, add one

teaspoonful of rye, stir up with milk to a soft dough. Have a good hot oven, and, after having rolled out and cut into the desired size, place in a well greased pan and bake twenty-five minutes.

SALLY LUNN.—This recipe is good for breakfast or tea. One cup of milk, two tablespoonfuls of melted butter; one egg, a pinch of salt, two cups of flour, two teaspoonfuls and a half of Cook's Friend Baking Powder; sift flour, baking powder and salt twice; then mix with other ingredients. Pour into your baking pan or muffin rings and bake about twenty minutes.

GRAHAM BREAD.—Take a pint of warm water, one tea cup of white flour, a spoonful of scalded Indian meal, a small tea cup of yeast, a spoonful or two of molasses, a teaspoonful of salt, four teaspoonfuls Cook's Friend Baking Powder and stir them together; then add as much unbolted or Graham flour (not sifted) as will be stirred in a spoon. Do this one night, and in the morning stir it again a few moments and pour into two deep tin pans. Let it rise up again, and bake one hour. (This is a very excellent bread.

DROP BISCUIT.—One quart of flour sifted twice with three teaspoonfuls of Cook's Friend Baking Powder; work half a cup of lard into the flour; add sweet milk enough to make a thick batter. Have ready some muffin rings (one dozen), well greased and hot; drop in the mixture and cook in a hot oven.

CORN BREAD.—One quart of sour milk, three eggs, two tablespoonfuls of butter, one tablespoonful sugar, quarter teaspoon salt, one tea cup flour, and enough cornmeal to make a good batter; one teaspoonful soda, or enough to make the milk frothy; stir thoroughly. Bake in long pans.

CORNMEAL FLAPJACKS.—One quart boiling milk, two cups of white cornmeal, four teaspoons Cook's Friend Baking Powder, a pinch of salt; mix thoroughly. Cook on griddle. Serve rolled, with sugar between.

NEW YORK BISCUIT.—Take one cup of Graham flour, three cups of white flour, three teaspoonfuls of Cook's Friend Baking Powder, one teaspoonful of salt (sift twice); add two

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tablespoonfuls of brown sugar and sift again; then rub in one tablespoonful of lard and one of butter. Mix all thoroughly. Wet up into a soft dough; roll out half an inch thick, handling as little as possible, and with a few strokes of the rolling pin; cut into round cakes, place in a floured pan and bake in hot oven.

SCOTCH SCONES.—Sift half a spoonful of soda into a quart of flour and mix in rich buttermilk enough to make a dough as stiff as for soda biscuit. Roll out half an inch thick, and bake on a hot griddle in two large cakes the size of a dinner plate. Serve with discs of Dunfee marmalade.

ITALIAN BISCUIT.—Take one pound of flour, one pound of powdered sugar; sift together; then add eight well beaten eggs, one teaspoonful of essence of lemon; roll out, cut in the desired size and cook in hot oven on shallow tin plates.

FRENCH TOAST.—Beat four eggs very light and stir them with a pint of milk; slice some baker's bread, dip the pieces into the egg, then lay them in a pan of hot butter and fry brown. Lard can be used in place of butter. Sprinkle with a little powdered sugar and cinnamon on each piece, and serve hot. A good dish for breakfast or tea.

BAKING POWDER BREAD.—Sift carefully one and a half quarts of flour with one teaspoonful of sugar; one and one-fourth teaspoonfuls of salt and six teaspoonfuls of Cook's Friend Baking Powder; sift well together (at least twice); add one grated boiled potato (cold), and add one pint of water and milk mixed. Mix quickly and thoroughly. Bake in a quick oven about three-quarters of an hour; have oven quite hot at first and cover top of loaves with paper.

WAFFLES.—Yolks of three eggs, one quart of milk, half a cup of melted butter, and flour enough to make a thin batter; sift into the flour two-thirds of a teaspoonful of Cook's Friend Baking Powder, stir well together, then add the whites of the eggs. Mix all and cook in a well heated and greased waffle iron.

POP OVERS.—Beat three eggs very light, add two cups of milk and half a teaspoon of salt sifted with two tea cups of flour, two teaspoons Cook's Friend Baking Powder; pour

the mixture over the flour and stir well; beat until smooth. Have some gem pans well greased and very hot. Fill half full and bake in a quick oven.

GRIDDLE CAKES.—Pour a pint of meal into a bowl, and pour over it a tea cup full of boiling water. Mix and cool with a pint of sweet milk; beat three eggs and add with a pint of flour and a teaspoonful of salt (sifted with two and a half teaspoons of Cook's Friend Baking Powder); beat all thoroughly and cook on a hot, well greased griddle.

ENGLISH BREAKFAST MUFFINS.—To one quart of flour add one teaspoonful of salt and two and a half teaspoonfuls of Cook's Friend Baking Powder; sift thoroughly (at least twice); add to it one teaspoonful of sugar, sift once, with flour; mix all with one and a half pints of sweet milk. Have the batter a little stiffer than that you use for griddle cakes. Have your griddle very hot and well greased, and lay your rings on it; fill them half full, and turn when they rise to the top with cake turner. Do not let them brown. When they are cooked through, pull apart, toast slightly and butter. Serve hot.

MEXICAN CAKES.—Take one pint of Indian meal, one teaspoonful of salt two gills of flour (sift twice); then add enough boiling water to make a thin porridge. When cool add four eggs, enough sweet milk to make a batter; then add the whites of four eggs, mix well and cook on a griddle pan.

BUCKWHEAT CAKES.—One pint of buckwheat flour, one half pint of white flour, two-thirds of a teaspoonful of salt, all sifted together at least three times, with four and a half teaspoonfuls of Cook's Friend Baking Powder; add enough sweet milk or water to make a soft batter. Bake on griddle at once. Be sure and have griddle hot.

BREAKFAST and SUPPER DISHES

EGGS WITH HAM.—Six eggs, half a pound of ham, cut in small pieces; tablespoonful of onion juice, half a teaspoonful of dry mustard; two tablespoonfuls of butter. Brown the butter; add the ham, sprinkle with the mustard and cook

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the meat until it begins to crisp. Stir in eggs and cook it until it thickens.

BREAD SAUTE.—Take a thick slice of bread, crust preferable; put a tablespoonful of butter in the chafing dish and brown the bread on both sides. Take it out and put in two tablespoonfuls of grated ham, two tablespoonfuls of grated cheese, and one gill of cream. Season with a little cayenne pepper, mix all well together, and when very hot, spread on the toast.

CHOPS.—For dainty French lamb chops, use a scant teaspoonful of butter for each chop; when smoking hot, put in the chops, cover a moment, then turn, season with salt and pepper, and when a golden brown they are done, usually in about four or five minutes. Do not cook longer, as they will be found too well done if cooked beyond this time. An English chop weighing a pound should be cooked in ten minutes. Mutton chops six minutes.

CREAMED CHICKEN WITH MUSHROOMS.—Chop one pint of chicken fine, season with salt and pepper; take one can of mushrooms, cut each mushroom in four pieces. Make a cream sauce by boiling three cups of cream, stirring in three tablespoons of flour moistened with cold milk; cook four or five minutes. Add meat and mushrooms; cover for four or five minutes, but do not boil. Serve on buttered toast.

EGGS ON TOAST.—One tablespoonful of butter, with pepper and salt; put in chafing dish, and when hot add one gill of cream and six eggs. Stir constantly for two or three minutes; serve on hot buttered toast.

FRIED EGGS.—Melt a sufficient quantity of ham drippings; when hot break four eggs in a saucer and put them gently into the dish. Dip the fat over them, cooking them on top. Serve when the white is done.

MUSHROOMS WITH BACON.—One half dozen slices of nice English bacon, which should be streaked with lean, and fried in the usual way. Just before it is done, add half a pint of mushrooms and fry them slow. Serve as hot as possible.

PLAIN OMELET.—Break four fresh eggs into a bowl with four tablespoonfuls of sweet milk; whip very thoroughly, put a piece of butter about the size of a walnut in the chafing dish; when very hot, run the eggs into it. Run a thin bladed knife until the bottom is loosened, but do not stir. When done, carefully roll the edge over until all rolled up. Serve on a hot plate. A cheese omelet is made the same, with the exception that as soon as the omelet begins to thicken, you sprinkle three or four tablespoonfuls of grated cheese and cook in the same manner.

WELSH RAREBIT.—Take one pound of cheese, chopped (not grated), to the yolk only of an egg, broken into a cup; add one or two teaspoonfuls of dry mustard, one or two of Worcestershire sauce, a quarter of a cup of ale; stir well; a dash of red pepper and one or two of black pepper, with a few drops of Tabasco sauce. If your cheese be fresh, salt it. Into the chafing dish put a piece of butter about the size of a walnut. After it has simmered a bit put in the cheese, stir well, and while in a mass, pour in one quarter of a glass of ale; stir well. When the cheese and ale are well blended, stir in the condiments mixed as above. Let it have one more heating and pour over hot dry toast. Serve on hot plates.

CAPILOTADE OF TURKEY.—Cut the small remnants you may have left of a turkey (roasted) into small pieces. Put in the chafing dish two tablespoonfuls of butter; when melted add two tablespoonfuls of flour; stir constantly until smooth; season with pepper, salt and a tablespoonful of chopped parsley. Add half a pint of cream (or stock), put in the pieces of turkey, with five or six mushrooms; let it all simmer for about ten minutes; just before serving add a small glass of wine.

IMPORTED FRANKFURTER.—Open the tin and put them into chafing dish; cover with hot water and boil three minutes. Serve with saurkraut.

FRIED MUSHROOMS.—Soak the mushrooms a few minutes in salt and water after cleaning and removing the stem. Put the butter, a tablespoonful, and mushrooms into the chafing dish and fry slowly; season with salt and pepper. Place the mushrooms on a dish with the hollow

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SALMI OF WOODCOCK.—Have the birds roasted until half done; cut in quarters. Put bits of fat pork, giblets and necks of birds in the chafing dish in sufficient water to stew them. Into this gravy put the quartered birds; cover closely and cook until tender; remove and arrange neatly on toast. Strain the gravy, return to the chafing dish; add some small pieces of butter rolled in flour. Add a little lemon juice and wine. Boil up and pour over the salmi.

EGGS AND TOMATOES.—Put one tablespoon of butter in the chafing dish, pepper and salt; when hot, add half a pint of canned tomatoes and six eggs. When the whites of the eggs are almost cooked, break the yolks and stir constantly until ready to serve.

MISCELLANEOUS

TO RENDER OUT LARD.—Take off all the skin; cut up in small pieces, and put in a pot over a slow fire; when the pieces or scraps look a reddish brown remove off fire; have ready your stone pot or vessel that you intend keeping your lard in; tie a strong cloth (not too coarse). over the mouth of vessel, and with a dipper take lard out of pot and strain through cloth; let it get cold before you put away; if you use a wooden vessel you must examine it, and be sure that a nail or two does not go through, so as to come in contact with lard; if so, it will spoil; take the fat off the small intestines and the flabby pieces or pork that are not fit for salting; render these out in the same way; the fat you obtain from them place in some vessel by itself, where it will freeze, and by spring it will be as sweet as any; the strong taste will be all gone.

WHITE CHEWING CANDY.—Three cups of sugar, one and a half cups of water, half a cup of vinegar. Boil until it hardens in cold water. Pour in a buttered pan; set to cool. Pull until white and creamy. Before pulling add vanilla.

TO SALT PORK.—Cover the bottom of your barrel with salt one inch deep; place on this salt a layer of pork; pack closely with rind of pork next barrel sides, next a layer of salt about half an inch thick; then another layer of pork and so on until all your pork is in barrel; then make a strong pickle of salt and cold water; pour over the pork, place a heavy stone on top to keep the pork under the pickle; in salting down a new supply you can use the old pickle; take it and boil it down; carefully skim off the scum as it rises, set away, and, when thoroughly cold pour over your pork.

POTATO CHEESE CAKES.—I think most anyone will like these. They are a most delicious dainty. One-fourth pound of freshly cooked potatoes, well mashed. Add to that quarter pound of butter, quarter pound of white sugar; then add two eggs, beating all the time; then the juice of a lemon, the rind cut very fine, and quarter pound of currants, well washed and dried. I forgot to say, put in the juice of the lemon last of all. Line small tart tins with puff paste, or pie plates will do. Put in the mixture. Don't put a cover on. Bake in a sharp oven. They are best cooked in an oil oven.

SCALLOPED ONIONS.—Twelve onions boiled. Cut them up as if you were going to fry them. They boil more quickly. Roll ten or twelve crackers fine. Take a pudding dish, butter it, and when the onions are boiled soft put layer of onions and then a layer of crackers with a little salt and pepper, with small bits of butter; then another layer of onions and crackers, until all have been used. Then turn on enough milk to cover. Bake about three-quarters of an hour in a hot oven. Nice for those who like onions.

STRAWBERRY OR RASPBERRY SPONGE.—One quart strawberries or raspberries, one half box gelatine, one and one half cups of water, one cup sugar, juice of one lemon, beaten whites of four eggs. Soak gelatine in one half cup of the water. Mash the berries and add half the sugar to them. Boil remainder of sugar and the cup of water gently twenty minutes. Rub berries through a hair sieve. Add gelatine to boiling syrup; take from the fire and add berry juice. Place the bowl in pan of ice water, and

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beat with egg beater five minutes. Add beaten whites, and beat till it begins to thicken. Pour into well wet moulds and set on ice, Serve with cream. Easily made and good.

PICKLED PEACHES.—Pour boiling water over peaches, and remove the skins. Put in a large stone jar. Make a syrup with proportions of one quart best cider vinegar to three pints sugar; boil and skim and pour over the fruit boiling hot, three successive mornings. Then drain off the syrup, put a layer of fruit in a jar three inches deep, sprinkle with bits of whole cinnamon and whole cloves, then another layer of fruit and spice and so on till all is used. Boil the syrup with a handful each of cloves and cinnamon until it is like molasses, and pour boiling hot over the fruit. Have enough syrup to cover well. Cover closely.

FRENCH SALAD DRESSING.—One cup of sweet milk or water, one cup of vinegar, three eggs well beaten, one tablespoon of salt, one tablespoon of sugar, one tablespoon or butter, one tablespoon of mustard. Set an earthen or ironware dish over a boiling kettle, turn the milk into it warm, after beating eggs well stir them into the vinegar; mix salt, sugar, mustard and butter into a smooth paste; then add the vinegar and eggs and stir together; then stir slowly into the milk, which will be warm, and keep stirring until it is at boiling heat and perfectly smooth. This may be bottled and kept for months in a cool place. The quantity is about one pint.

BLACKBERRY WINE.—Measure your berries and bruise them; to every gallon add one quart boiling water; let the mixture stand twenty-four hours (stirring occasionally), then strain off all the liquor into a cask; to every gallon add two pounds sugar; cork tight and let stand till the following October.

BRANDIED PEACHES.—Put the peaches in boiling water for a few minutes, when the skin will peel off easily. Make a syrup of half a pound of sugar and half a teacup of water for each pound of peaches. Skim as the scum rises in boiling, then put in the peaches and boil them gently until tender—no longer. Take them out carefully and fill your cans or jars. Remove the syrup from the fire, and

add to it half a pint of best brandy to every pound of peaches.

PINEAPPLE ICE CREAM.—Three pints cream, one pint milk, two ripe pineapples, two pounds sugar. Slice pineapples thin, scatter sugar over them, and let stand three hours. Cut or chop the fruit into the syrup, and strain through a bag of coarse lace. Beat gradually into the cream and freeze. Remove a few bits of pineapple, and stir in cream when half frozen. Peach ice cream made in the same way is delicious.

LEMON ICE.—One quart water, one tablespoonful corn starch; boil till all taste of starch is gone. Add the lemon (two large lemons to a quart). Sweeten to taste when the mixture is cold, and leave the rind in for a while. Strain through a sieve and freeze.

FLOATING ISLAND.—Make a custard of the yolks of six eggs, one quart milk, a pinch of salt; sugar to taste. Pour into a large dish. Beat whites to a stiff froth, and put by spoonfuls in boiling water; turn them carefully until cooked. Take out with a skimmer and put on top of custard. Serve ice cold.

CHARLOTTE RUSSE.—Soak one-quarter box gelatine in one-quarter cup cold water. Line a pint mould with lady fingers. Chill and whip one pint cream. Set bowl in ice water. Sift over the whipped cream one-third cup powdered sugar; add one teaspoonful vanilla and one tablespoonful white wine. Dissolve gelatine in one-quarter cup boiling water. Strain it into the cream and beat rapidly. When nearly stiff pour into moulds and set away to cool.

ICE CREAM CANDY.—Two cups of sugar, one cup of water, half cup of vinegar; boil without stirring twenty minutes; when nearly done, add three teaspoons of extract; when cool sufficiently pull until white.

MOLASSES CANDY.—Two cups of molasses, one tablespoon of sugar, a piece of butter the size of an egg; boil twenty minutes; add a pinch of soda as you take it off; pour into shallow pans.

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CHOCOLATE CARAMELS.—Two cups of brown sugar, one cup of molasses, half cup of milk, quarter of a pound of chocolate, butter size of an egg; stir continually twenty minutes; pour into buttered pans, and when partly cooled cut into squares.

FRENCH TAPIOCA CUSTARD.—Five dessert spoonfuls of tapioca, one quart of milk, three eggs, one teaspoon of vanilla, one heaping cup of sugar, a little salt. Soak the tapioca in a pint of cold water five hours. Let the milk come to a boil. Add the tapioca. Stir until boiling hot, then add gradually the yolks of the eggs and sugar. Boil again. Let it cook until thick, but not too long. Pour into a dish and stir in gently the whites of the eggs beaten to a stiff froth.

QUAKER RULES.—I believe all baking powder should always be sifted twice through the flour before using.

Milk never should be salted until it comes to a boil; if you do it will curdle.

Never undertake to fry doughnuts until the fat is hot enough to quickly bring the dough to the top; try a small bit first, then add half teaspoon of ginger to prevent them from soaking fat, besides using half teaspoon in your doughnuts.

Don't cook but a few at a time; soon as the dough rises to the top, take a fork and turn them, if you want nice smooth looking doughnuts; when done the dough will not stick to your fork tines.

I find it very useful to know how to cook and bake as well as make.

CLARIFIED DOUGHNUTS.—Here is a recipe for doughnuts: One egg, one cup of sugar, a piece of butter the size of a nutmeg, a littel salt and half a nutmeg grated fine; stir thoroughly as for cake. Take a little water, and add milk to make two-thirds of a cup; pour in and stir again; then take two teaspoons of Cook's Friend Baking Powder, and sift through about one pint of flour, or enough to handle and cut out easy. I never roll doughnuts, but flour my board and hands and press to about one-fourth of an inch thick, and fry in clarified drippings, never using clear lard. I think the great success in frying them is turning them over as soon as they rise and brown slightly underneath. I

turn mine two or three times. I would suggest that a family should put away part of the mixed dough in a covered "earthen" dish, frying again in a few days. They will be equally as good and much nicer, besides being very handy to have without a second mixing.

CLAM FRITTERS.—Twenty-five clams, chopped fine; add to these a batter made with half a pint of the clam liquor, a heaping pint of flour and two eggs well beaten; soda about the size of a pea, dissolved, in water. Fry in hot lard.

PRUNE DESSERT.—Take a pound of prunes and stew them until you can remove the stones easily. Then mix with the white of one egg and set in the oven until brown; then set away to cool. Make a cream the same as for a Washington pie and serve cold.

CELERY RELISH.—One good bunch of celery, one pint of pickled cucumbers, five green peppers, all chopped fine and mixed well; half pint of vinegar; then mix one tablespoon of mustard, one tablespoon of sugar, half teaspoon of salt, two tablespoons of vinegar; pour over; mix well; put in glass jars. This makes a nice relish.

CANNED PEA SOUP.—Mash a can of peas through a colander and add them to a quart of milk that is boiling over the fire. Season with pepper and salt, and thicken with four teaspoonfuls of flour rubbed in an ounce of butter. Serve with croutons.

CROUTONS.—Cut some baker's bread into thin slices and butter them slightly; cut them into dices and bake to a light brown in a rather slow oven, so that they may become thoroughly dried.

MUNROE BAKED BEANS.—One quart of medium beans soaked over night. In the morning draw off the water. Put your beans in the pot. Take one pound of mixed pork and cut deep gashes through the rind; place the pork in the centre of the beans. Now mix together one small half teacup of molasses, half teaspoon of mustard and half teaspoon of salt. Pour the mixture over the beans; cover with hot water and keep covered with hot water while

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STUFFED EGGS.—Boil six eggs for fifteen minutes; remove the shells, cut the eggs in halves lengthwise, take the yolks out carefully and mash them; add a tablespoonful of melted butter, a tablespoonful of chopped cold boiled tongue, with salt and pepper. Rub together until smooth. Fill the hollows of the whites with the mixture and press together. Dip each egg first in beaten egg, then in grated bread crumbs. Fry in boiling fat; serve hot with white cream sauce.

EGG SANDWICHES.—On slices of buttered bread grate hard boiled egg with a coarse grater, sprinkle with salt and a little pepper; then lay two slices together. If desired, cold tongue may be grated over the egg on one slice and not on the other. A light and dexterous hand is required to keep the egg from being crushed.

BAKED APPLE SAUCE.—Peel and quarter hard sour apples enough to fill a tin pail about two-thirds full; add one and a half cups of sugar, a little nutmeg and boiling water to just show through the apples; cover the pail and bake four or five hours.

PEANUT CANDY.—Boil one cup of sugar, one tablespoon of water, stirring constantly until it will harden in cold water; then stir in one cup of peanuts; butter a flat tin; pour the mixture in; set aside to cool; then mark off as you wish, or break it up.

* **GELATINE WITHOUT WINE.**—Take one box of gelatine; put in a basin; pour over it one part of cold water; let it remain until soft; when quite soft pour on your gelatine one quart of boiling water, and stir constantly until it is all dissolved; then add one quart of granulated sugar and one pint of any kind of fruit juice that you prefer.

DOVER CAKE.—One pound of flour, one pound of white sugar, half a pound of butter, rubbed in the sugar to a very light cream, six eggs, one cup of sweet milk, one teaspoon of soda dissolved in a tablespoon of vinegar; a little powdered cinnamon; one teaspoon of rosewater, and flavor the rest with lemon juice.

APPLE PUDDING.—For a two quart pudding dish about four slices of stale bread, or the broken pieces, enough to one-third fill the dish; sour apples, pared and sliced (not too thin), to finish filling the pudding dish; one cup of sugar, two-thirds cup of butter; cover with boiling water, flavor with nutmeg, bake until apples are done. If in danger of burning on the top cover with a tin plate. The bread and apples may be mixed when putting into the dish, always using more apple than bread; no sauce, unless one has cream.

GINGER SNAPS.—One half cup of butter, half a cup of lard, one cup of sugar, one cup of molasses, one teaspoon of ginger, one teaspoon of salt, one of soda, one of vinegar, half a cup of milk. Put all but soda and milk in tin on stove; let it come to a boil; when it has stood a moment off the stove add soda dissolved in milk, and flour enough to roll thin.

SWEET POTATO PIE.—To one quart of stewed and sifted sweet potato add two or three eggs, one and a half quarts of milk, a piece of butter the size of an egg, a little nutmeg, cassia and ginger. Bake with one crust like custard pie.

TABLE DECORATION.—A very pleasing table decoration that is easily carried out throughout the summer months is the addition of flowers to the finger bowls. Use double bowls, one large enough to hold the other, and fill the space between the two with very small blossoms. The effect of dipping the fingers into flour-encircled water is decidedly unique and agreeable.

HINT FOR WASHING DAY.—Try gathering the sheets and tablecloths up by the selvage when wringing. See what a help in the ironing.

APPLE PIE.—For one pie, one cup of flour, one heaping spoon of lard rubbed into the flour, with a generous bit of salt; mix with cold water; line the plate; pare and slice four fair-sized apples, and put a nice layer around the rim; then put the apples in the plate smoothly and nicely; don't tumble them in, it spoils the flavor; you may think that this hint is foolish, but it's not; four tablespoons of

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sugar, a little grated nutmeg and a pinch of salt. I use no butter in mine. You don't know how much better flavor the salt gives it; no water; then take the top crust, roll out, and spread on lard as you would bread and butter; then sprinkle over a little handful of flour, and give it a dash under the cold water faucet; put in oven and bake a nice brown, and it will come out looking and smelling so nice that it will make your mouth water. Try them.

PRESERVED CRAB APPLES.—Weigh them and put them into water enough to almost cover them; take them out when they have boiled four minutes, and put into the water as many pounds of sugar as you have of fruit, and boil it until clear; then set it aside till cold; skim it, and return the fruit to the kettle, and put it again on the fire. The moment it actually boils take it off; lay the fruit into the jars with care.

SPANISH BUNS (CAKE).—Two and a half cups of brown sugar thoroughly mixed with three-fourths of a cup of butter, six eggs beaten next, leaving out whites of two for frosting, one teaspoon of soda in a little of the buttermilk before using, one teaspoon of cinnamon, one teaspoon of nutmeg, half a teaspoon of cloves, half a teaspoon of lemon extract. Stiffen the cake with flour (moderately stiff) and add three-quarters of a cup of buttermilk (sour milk would answer) gradually. When cake is cool cut in squares or oblong pieces. Bake in three shallow 6x10 tins. Frosting—Boil two cups of granulated sugar in water to cover until it strings; beat the two whites of eggs to a froth and slowly pour the syrup into eggs on a large platter; then flavor; beat with a silver knife until rather cool; then frost the buns, top and all sides.

QUICK BREAKFAST BISCUIT.—Two and a half cups of flour, sifted; three heaping teaspoons of Cook's Friend Baking Powder, lard size of an egg, pinch of salt; rub lard into flour; mix with milk or water and drop a spoonful into each breakfast ring pan, or roll out and cut with cutter.

LINDSTRUM FRUIT CAKE.—One cup of sugar, half a cup of butter, two eggs, one cup of sour milk, and mix in it one teaspoon of saleratus, four tablespoons of molasses,

half a nutmeg, half a teaspoon of cloves, salt, allspice and cinnamon, one cup of chopped raisins, two cups of sifted flour

FOR MINCE PIES.—Five pounds of lean fresh beef; when cold chop fine; one pound of beef suet, chop fine; five pounds of apples, peeled and chopped fine; four pounds of Sultana raisins, washed; two pounds of currants, washed; one pound of citron, sliced thin; quarter pound of orange peel, sliced thin; quarter pound of lemon peel, sliced thin; two tablespoons of cinnamon, two tablespoons of mace, two tablespoons of salt, one tablespoon of cloves, one tablespoon of allspice, one tablespoon of nutmeg, one pint of the best molasses, three pounds of brown sugar, two quarts of boiled cider; cook one hour. When cold, add one pint of brandy and one pint of sherry. This cannot be beaten.

POTATO SALAD.—A potato salad that is cooked after mixing is a novelty which claims to be delicious: Three well-beaten eggs, three large tablespoonfuls of strong vinegar, a lump of butter the size of a walnut, pinch of salt, pepper and mustard (unmixed); put in the stove and cook a thin custard, stirring constantly.

GOOD, SAFE SUMMER DELICACIES

OATMEAL BLANC MANGE.—Mix a quarter of a pound of steamed oatmeal very smoothly, with sufficient cold water to make a paste; pour upon it a quart of boiling milk, add a little salt, and sweeten to taste; put all into a saucepan, and boil for ten minutes or a quarter of an hour, stirring constantly; remove from the fire and flavor with lemon and spice; pour into a wet mould, and turn out when cold. When eaten with cream this is delicious.

Ice cold coffee for the luncheon basket is made by plenty of good cream. Even coffee that is not the highest price is delicious in this way. Nothing is more refreshing than a bottle of cold coffee, suitably mixed while still hot with sufficient cream and sugar. Cold tea for the lunch basket many people prefer flavored with lemon slices added while

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A "Set-you-up": Put the yolk of an egg into a bowl with a teaspoonful of white sugar and a teaspoonful of orange or lemon juice, and beat lightly together with a fork. Put the white on a plate and add a pinch of salt; then, with a broad-bladed knife, beat it to a stiff froth. Now, as lightly as possible, mix all together in a bowl, then as lightly transfer it to a clean tumbler, which it will nearly fill if properly made. It must not stand in a warm place, as it soon becomes liquid and loses its snowy look. Any fruit juice may be used in place of orange or lemon.

CURRENT AND RASPBERRY ICE CREAM.—Half pint currant juice, half pint raspberry jam, one pint new milk, one pint cream, one cup sugar. Mix all thoroughly and freeze.

FROSTED CURRENTS.—Whites of two eggs, four table-spoonfuls water; powdered sugar at discretion. Select large, fine bunches of currants, dip each in the egg and water, and then roll in the sugar. Lay on waxed paper to dry. When all have been treated in this way, give the currants a second dip in the sugar.

CURRENT SHRUB.—Heat red currants until the juice runs freely; squeeze the fruit, and to each quart of the liquid allow three-quarters of a pound of sugar and one quart of the best brandy or of good Jamaica rum. Stir the juice and sugar until the latter is dissolved, and, when the mixture is cold, add the liquor. Strain, bottle and seal. A little mixed with iced water is an excellent summer drink.

GREEN GOOSEBERRY TART.—One quart green gooseberries, sugar to taste. Top and stem the gooseberries and cook in a double boiler until tender. Sweeten abundantly after taking them from the fire. Line a pie plate with pastry, fill it with the stewed fruit, and lay strips of pastry across the top. Bake to a delicate brown and eat cold.

GOOSEBERRY JAM.—Six pounds ripe gooseberries, four pounds sugar. Stem and top the gooseberries and boil one hour in a preserving kettle, watching closely that the fruit does not scorch. Stir often. If the juice increases very rapidly, dip out some of it. When the fruit has boiled an hour, add the sugar and cook an hour longer. Put the jam boiling hot into glass tumblers or small jars and seal.

BAKED EGG PLANT.—Peel and boil until soft, then drain thoroughly in a colander; put the egg plant into a pan. Take one slice of bread for a small egg plant, grate and mash the crumbs with the egg plant. Add salt, a dash of cayenne, a little allspice and cloves, and some chopped parsley. Chop one onion fine and fry it slightly in a large tablespoonful of butter; then put in the egg plant mixture and let it cook fifteen minutes. Just before taking it from the fire add the yolk of an egg and stir quickly. Put the mixture in a dish, spread it out, cover with bread crumbs, pour over the top a spoonful of melted butter and bake half an hour.

APRICOT SOUFFLE.—Put one pint of bread in half a pint of milk over the fire and stir till boiling hot. Press twelve pieces of apricot or peaches through the colander; stir into the bread and milk. Add a teaspoonful of lemon juice, two tablespoonfuls of sugar and the slow-beaten whites of four eggs. Put this mixture into greased custard cups. Stand the cups in a baking pan of hot water and cook in a moderately hot oven for twenty minutes. Serve with wine sauce.

CHICKEN SALAD DRESSING.—One pint of milk scalded; mix dry one tablespoon of dry mustard, one tablespoon of sugar, teaspoon of salt, one saltspoon of black pepper, two tablespoons of flour; mix well and add the milk: boil and add five tablespoons of melted butter, half a cup of vinegar; boil three minutes and take off stove; then add two well beaten eggs; strain and cool.

LAMB SALAD.—This is a good economical salad. Take the pieces of lamb left from the roast and chop as fine as you like, as some prefer it coarse, others fine. I prefer it in small pieces. Make a dressing as follows: Three eggs,

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six tablespoons of butter, one teaspoon of salt, one teaspoon of sugar, one teaspoon of mustard, one teaspoon of pepper; put it into a double boiler; cook until it thickens, stirring constantly; after taking from the fire add half a cup of vinegar, cool; chopped celery mixed with the meat is a great improvement; when the dressing is cool mix some into the meat; smooth it nicely on the platter and pour the rest over the top and garnish with the leaves of the celery if used. Veal can be used in the same way.

Here is a recipe for doughnuts that will not soak lard: One quart of flour, one egg, half a cup of sugar, cup of sweet milk, six teaspoons of melted lard, four teaspoons of Cook's Friend Baking Powder.

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GRANULATED SUGAR**

THE STANDARD OF PURITY

Laboratory of Provincial Government Analyst.

Montreal, 22nd February, 1909

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(Signed) MILTON L. HERSEY, M.Sc. LL.D.

Provincial Government Analyst

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